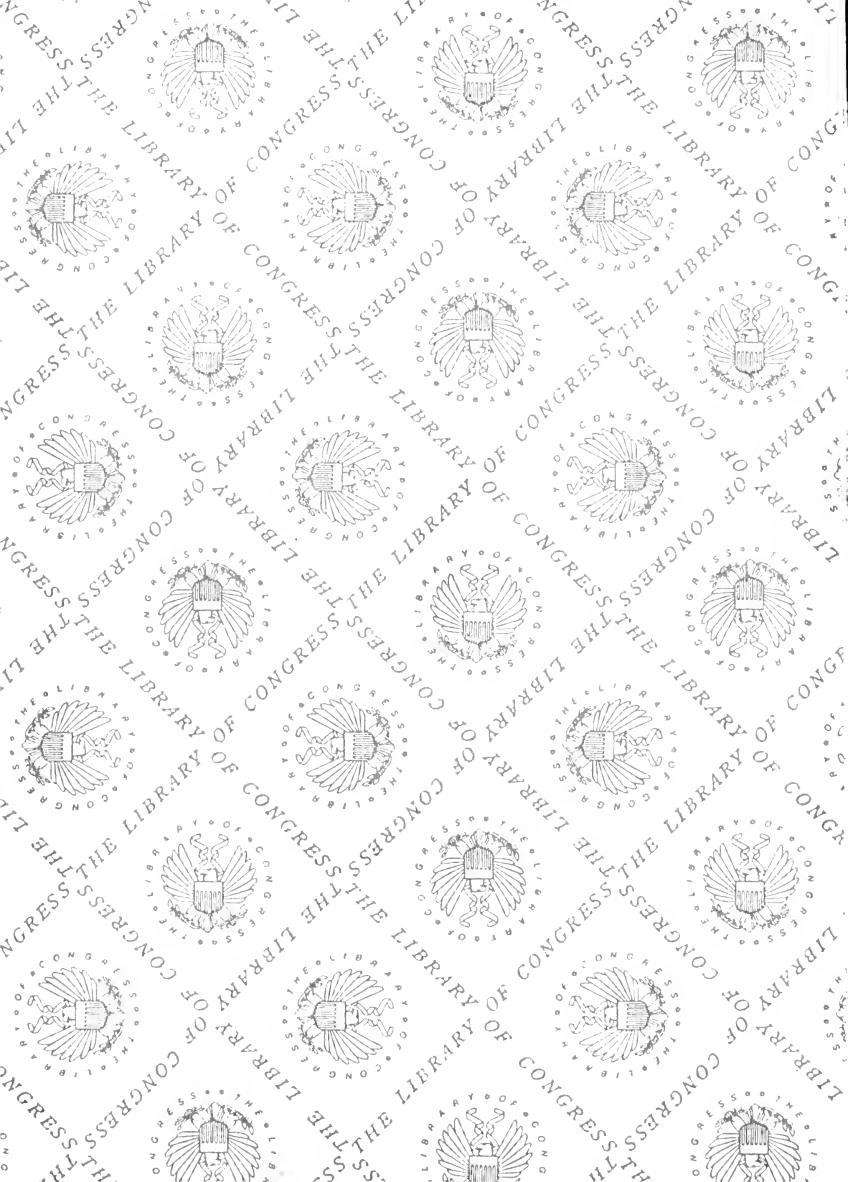
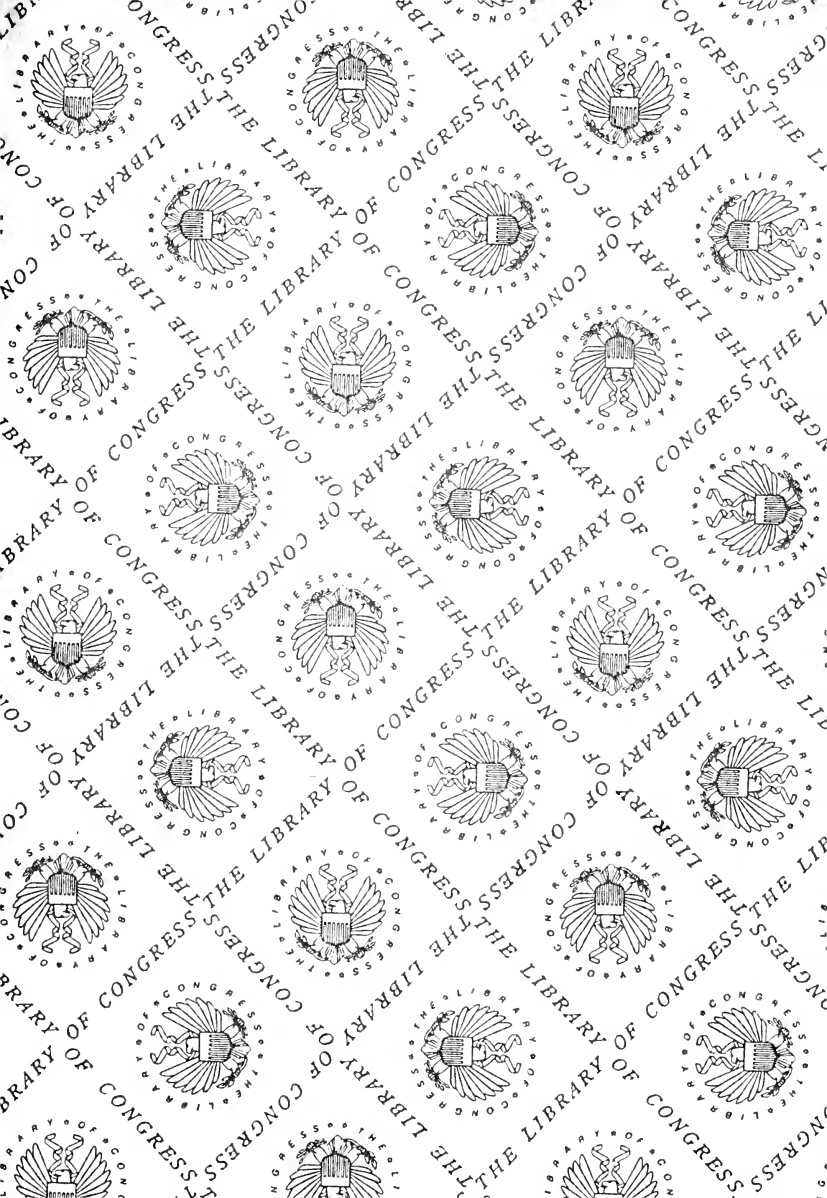


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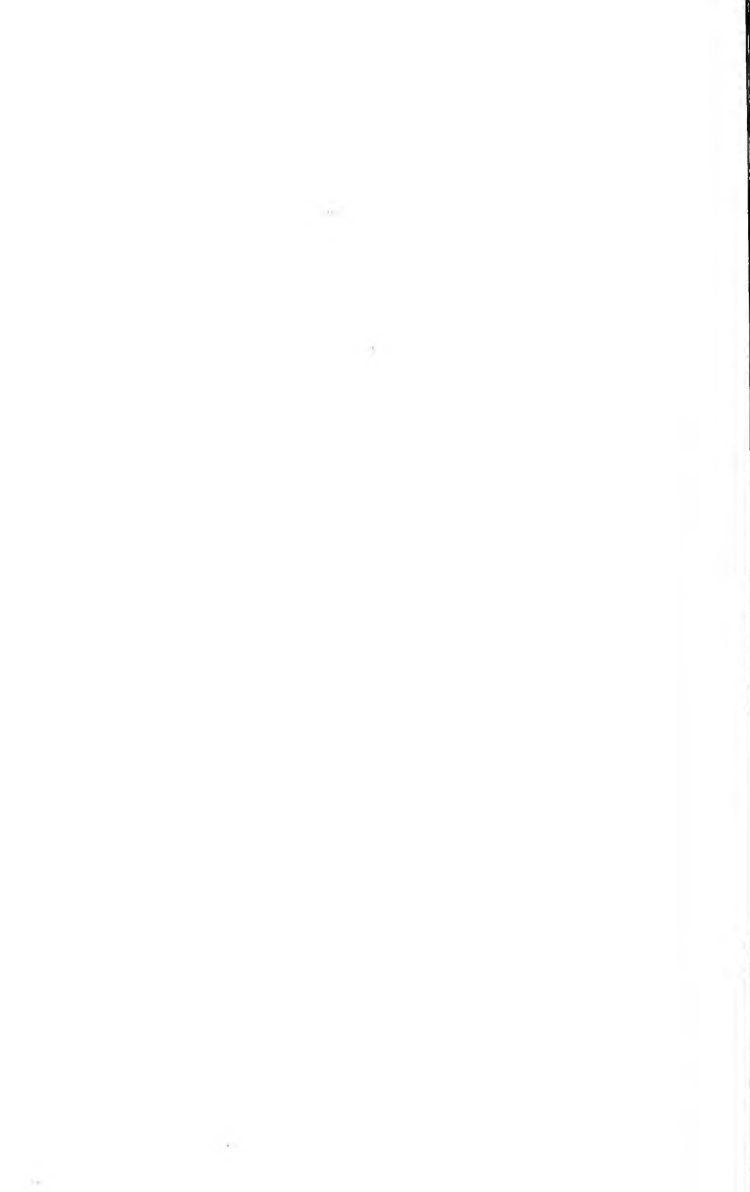












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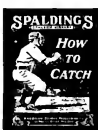
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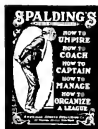
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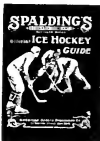


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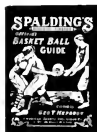
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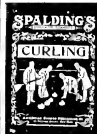


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Edited by G. T. Hepbron, the well-known athletic authority. It contains the official rules governing all sports under the jurisdiction of the Y.M.C.A., a complete report of the physical directors' conference, official Y.M.C.A. scoring tables, pentathlon rules, many pictures of the leading Y.M.C.A. athletes of the country; official Y.M.C.A. athletic rules, constitution and by-laws of the Athletic League of Y.M.C.A., all-around indoor test, volleyball rules; illustrated. Price 10 cents.



## No. 281—Official Handbook of the Public Schools Athletic League.

This is the official handbook of the Public Schools Athletic League, which embraces all the public schools of Greater New York. It contains the official rules that govern all the contests of the league, and constitution, by-laws and officers. Edited by Dr. Luther Halsey Gulick, superintendent of physical education in the New York public schools. Illustrated. Price 10 cents.

## No. 298—Intercollegiate Cross Country Handbook.

Contains constitution and by-laws, list of officers, and records of the association. Price 10 cents.



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By J. H. Sterrett, a leading American swimming authority. The instructions will interest the expert as well as the novice; the illustrations were made from photographs especially posed, showing the swimmer in clear water; a valuable feature is the series of "land drill" exercises for the beginner, which is illustrated by many drawings. The contents comprise: A plea for education in swimming; swimming as an exercise and for development; land drill exercises; plain swimming; best methods of learning; the breast stroke, etc. etc. Price 10 cents.

### No. 296—Speed Swimming.

By Champion C. M. Daniels of the New York Athletic Club team, holder of numerous American records, and the best swimmer in America qualified to write on the subject. Any boy should be able to increase his speed in the water after reading Champion Daniels' instructions on the subject. Price 10 cents.



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By E. J. Giannini, of the New York A. C., one of America's most famous amateur oarsmen and champions. This book will instruct any one who is a lover of rowing how to become an expert. It is fully illustrated, showing how to hold the oars, the finish of the stroke and other information that will prove valuable to the beginner. Price 10 cents.

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Two of the most popular forms of home or gymnasium exercise. This book is written by America's amateur champion club swinger, J. H. Dougherty. It is clearly illustrated, by which any novice can become an expert. Price 10 cents.



## No. 166—How to Swing Indian Clubs.



By Prof. E. B. Warman, the well-known exponent of physical culture. By following the directions carefully anyone can become an expert. Price 10 cents.

## No. 200—Dumb-Bells.

This is undoubtedly the best work on dumb-bells that has ever been offered. The author, Mr. G. Bojus, was formerly superintendent of physical culture in the Elizabeth (N. J.) public schools, instructor at Columbia University (New York), instructor for four years at the Columbia summer school and is now proprietor of the Park Place Gymnasium, at 14 Park Place, New York City. The book contains 200 photographs of all the various exercises with the instructions in large, readable type. It should be in the hands of every teacher and pupil of physical culture, and is invaluable for home exercise. Price 10 cents.



## No. 262—Medicine Ball Exercises.



This book is not a technical treatise, but a series of plain and practical exercises with the medicine ball, suitable for boys and girls, business and professional men, in and out of gymnasium. Lengthy explanation and technical nomenclature have been avoided and illustrations used instead. The exercises are fascinating and attractive, and avoid any semblance of drudgery. Edited by W. J. Cromie, physical director Germantown (Pa.) Y.M.C.A. Price 10 cents.

## No. 29—Pulley Weight Exercises.

By Dr. Henry S. Anderson, instructor in heavy gymnastics Yale gymnasium, Anderson Normal School, Chautauqua University. In conjunction with a chest machine anyone with this book can become perfectly developed. Price 10 cents.



## No. 233—Jiu Jitsu.



A complete description of this famous Japanese system of self-defence. Each move thoroughly explained and illustrated with numerous full-page pictures of Messrs. A. Minami and K. Koyama, two of the most famous exponents of the art of Jiu Jitsu, who posed especially for this book. Be sure and ask for the Spalding Athletic Library book on Jiu Jitsu. Price 10 cents.

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By G. M. Martin, Physical Director of the Y. M. C. A. of Youngstown, Ohio. It is a book that should be in the hands of every physical director of the Y. M. C. A., school, club, college, etc. Price 10 cents.



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By Albert B. Wegener, Physical Director Y. M. C. A., Rochester, N. Y. Ever since graded apparatus work has been used in gymnastics, the necessity of having a mass drill that would harmonize with it has been felt. For years

it has been the established custom in most gymnasiums of memorizing a set drill, never varied from one year's end to the other. Consequently the beginner was given the same kind and amount as the older member. With a view to giving uniformity the present treatise is attempted. Price 10 cents.

## No. 254—Barnjum Bar Bell Drill.

Edited by Dr. R. Tait McKenzie, Director Physical Training, University of Pennsylvania. Profusely illustrated. Price 10 cents.



## No. 158—Indoor and Outdoor Gymnastic Games.



Without question one of the best books of its kind ever published. Compiled by Prof. A. M. Chesley, the well-known Y. M. C. A. physical director. It is a book that will prove valuable to indoor and outdoor gymnasiums, schools,

outings and gatherings where there are a number to be amused. The games described comprise a list of 120, divided into several groups. Price 10 cents.

## No. 124—How to Become a Gymnast.

By Robert Stoll, of the New York A. C., the American champion on the flying rings from 1885 to 1892. Any boy who frequents a gymnasium can easily follow the illustrations and instructions in this book and with a little practice become proficient on the horizontal and parallel bars, the trapeze or the "horse." Price 10 cents.



## No. 287—Fancy Dumb Bell and Marching Drills.



By W. J. Cromie, Physical Director Germantown (Pa.) Y. M. C. A. The author says: All concede that games and recreative exercises during the adolescent period are preferable to set drills and monotonous movements. If we can introduce this game-and-play element in our gymnastic exercises, then dumb bells will cease to be the boy's nightmare, and he will look forward with expectancy to mass work as much as he formerly did to "shooting a goal." These drills, while designed primarily for boys, can be used successfully with girls and men and women. Profusely illustrated. Price 10 cents.

## Physical Group XVI. Culture

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By Dr. Luther Halsey Culick, Director of Physical Training in the New York public schools. Anyone who is looking for a concise and complete course of physical education at home would do well to procure a copy of this book. Ten minutes' work as directed in exercise anyone can follow. It already has had a large sale and has been highly recommended by all who have followed its instructions. Price 10 cts.

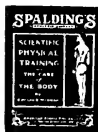
### No. 208—Physical Education and Hygiene.

This is the fifth of the Physical Training series, by Prof. E. B. Warman (see Nos. 142, 149, 166, 185, 213, 261, 290). A glance at the contents will show the variety of subjects: Chapter I—Basic principles; longevity. Chapter II—Hints on eating; food values; the uses of salt. Chapter III—Medicinal value of certain foods. Chapter IV—The efficacy of sugar; sugar, food for muscular work; eating for strength and endurance; fish as brain food; food for the children. Chapter V—Digestibility; bread; appendicitis due to flour, etc., etc. Price 10 cents.



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By Prof. E. B. Warman, the well-known lecturer and authority on physical culture. Prof. Warman treats very interestingly of health influenced by insulation; health influenced by underwear; health influenced by color; exercise. Price 10 cents.

## No. 213—285 Health Answers.

By Prof. E. B. Warman.

Contents: Necessity for exercise in the summer; three rules for bicycling; when going uphill; sitting out on summer nights; ventilating a bedroom; ventilating a house; how to obtain pure air; bathing; salt water baths at home; a substitute for ice water; to cure insomnia; etc., etc. Price 10 cents.



## No. 238—Muscle Building.



By Dr. L. H. Gulick, Director of Physical Training in the New York public schools. A complete treatise on the correct method of acquiring strength. Illustrated. Price 10 cents.

## No. 234—School Tactics and Maze Running.

A series of drills for the use of schools. Edited by Dr. Luther Halsey Gulick, Director of Physical Training in the New York public schools. Price 10 cents.



## No. 261—Tensing Exercises.



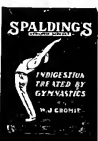
By Prof. E. B. Warman, and uniform with his other publications on Scientific Physical Training (see Spalding's Athletic Library Nos. 142, 149, 166, 185, 208, 213, 290). The "Tensing" or "Resisting" system of muscular exercises is the most thorough, the most complete, the most satisfactory, and the most fascinating of systems. Price 10 cts.

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With hints on Right Living. By W. J. Cromie, Physical Director Germantown (Pa.) Y.M.C.A. The author says: "Seeing the great need for exercise among the masses and knowing that most books on the subject are too expensive or too difficult to comprehend, the author felt it his privilege to write one which is simple and the price of which is within the reach of all. If one will practise the exercises and observe the hints therein contained, he will be amply repaid for so doing." Price 10 cents.



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This is a series of chapters by Prof. E. B. Warman, the author of a number of books in the Spalding Athletic Library on physical training. The subjects are all written in a clear and convincing style. Price 10 cents.





FREDERIC B. PRATT,  
Chairman Governing Committee.

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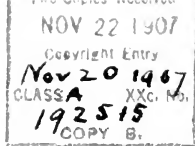
Athletic League of the Young  
Men's Christian Associations of  
North America



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## PREFACE

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The Governing Committee of the Athletic League of North America deemed it advisable to issue a handbook annually and this is the first annual issue. A circular letter, asking for criticisms and suggestions, was sent to the leading physical directors, and many valuable answers were received and as far as possible acted upon.

There were numerous requests for official rules for many of the indoor events which are in common use in our gymnasia, but as there is a wide difference in methods of conducting these events, it was deemed wise to leave the framing of rules to the Physical Directors' Society.

We are indebted to the New York Public Schools Athletic League for the privilege of using the article with illustrations on "Throwing the Discus Greek Style," and to the Amateur Athletic Union for permission to copy the new swimming and water polo rules.

The records have been carefully revised and brought up to date and so arranged as to admit the comparison of outdoor and indoor, National and Section A. L. N. A. records with the American amateur records. Several American amateur records have been broken since the last meeting of the Governing Board of the A.A.U. and will doubtless become official at the annual meeting in November. The figures given are the best official records to date.

We wish to express our appreciation for the co-operation of many associations in sending the photos which illustrate the different phases of our activities and to the gentlemen who have contributed the articles which we hope will prove helpful in the extension of the League work.

FREDERICK B. BARNES,  
Secretary.



GEO. D. PRATT  
Treasurer Governing Committee

# HISTORY OF THE Y. M. C. A. ATHLETIC LEAGUE

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F. B. BARNES,  
Secretary Governing Committee.

In the General Secretaries' Conference, held at Orange, N. J., in 1889, there was extended discussion regarding the advantages of the formation of an Athletic League among the associations. Upon vote, a committee was appointed to consider the matter, and, if it seemed wise, to proceed at once with the organization of such a league. The committee consisted of Messrs. James McConaughy, George W. Ehler, and George A. Sanford. It became evident very soon that the action contemplated was beyond the functions of the Secretaries' Conference and belonged to the International Convention and the International Committee. Accordingly the matter was referred to the International Committee and the sub-committee on physical work was instructed to proceed as rapidly as possible with the preparation of a scheme that might be useful in working out this problem.

The result was a plan of athletics which should build men all-round rather than provide competition in individual events, and a system of marking by which an absolute and not a relative rank or mark could be given, thus giving to athletic games the character of an examination rather than of a contest.

The International Conventions of 1889 and 1891 discussed favorably the formation of an Athletic League. In 1892, the State Committee of Illinois requested the International Committee to take steps in this direction, and the International Convention of 1893 instructed the committee to present its plan to the next convention.

The Physical Directors' Conference, held in Springfield, Mass., in 1894, requested the International Convention to perfect the organization of an Athletic League at as early a date as possible. Accordingly the entire matter was brought up for extended discussion at the next International Convention, which was also held in Springfield, Mass., May, 1895, and a resolution was adopted, without a dissenting voice, instructing the International Committee to organize an Athletic League to promote inter-association athletics along all-round development lines rather than that of specialized competitive sports.



MR. LUTHER HALSEY GULICK

After that time the matter was carried forward as rapidly as possible and reached its first definite step October 3, 1895, in the appointment of a committee which, under the direction of the International Committee, should govern the League. This committee held its first meeting on the following day and has since continued careful oversight of the League.

The object of the League, as broadly stated at that time, was the furtherance of all physical department interests. The ways in which this could be done were stated as follows: By organizing, conducting and providing trophies for inter-association (international, district, state, etc.) athletics and gymnastic contests, the formulating of general athletic rules, deciding of protests, upholding a genuine and high amateur standard of competition by representing the association as a body before other athletic organizations of the country and the purchase of gymnasium apparatus and supplies at a reduced cost to members of the League.

At first the League conducted its proceedings without the guidance of a constitution and by-laws, a provisional and elastic agreement being outlined which was as follows:

Membership in the League will be limited to associations or branches which apply for admission, pay their dues, and abide by the principles. Government will be by the International Convention through the International Committee, which will appoint general committees in various parts of the country, as it may deem wise. These committees shall incur no expense which it is unable to meet.

*Fees.*—Initiation fee is \$10.00 in advance; annual dues, \$5.00, payable on November 1st each year.

*Character of Games.*—Only those sports which are not antagonistic to rational physical training shall be used in competition.

The League desires to maintain friendly relations with all similar organizations that stand for wholesome and honest amateur sport.

The first meeting of the American committee was held in New York City, October 4, 1895, and there were present Mr. F. B. Pratt, Chairman; Messrs. Charles E. Patterson, L. E. Ballard, R. C. Morse, Erskine Uhl and Dr. Luther Halsey Gulick.

At this meeting Dr. Gulick was elected secretary. Three districts were organized, with district committees of three for each district, to be appointed by the chairman.

At the next meeting, December 4, 1895, the *Young Men's Era* was authorized as the official organ and Mr. Charles Patterson was made editor of the "Athletic Section." He was succeeded later by Dr. Paul C. Phillips.



GEORGE J. FISHER, M. D.  
Secretary Governing Committee.



FREDERICK B. BARNES,  
Secretary Governing Committee.

To Dr. Gulick's foresight the Associations are indebted for putting our competitive athletics on a high plane and adopting them into our present scheme of physical training. All through the early history of the League he was the guiding spirit that saw far into the future, and his reports as secretary of the League gave direction to all legislation, and his visitation and addresses at the Physical Directors' Conference and other important gatherings created a strong impression in favor of the League and its principles.

The constitution as it stands to-day was adopted February 7, 1896.

The first handbook was authorized on April 2, 1896, and a committee was appointed to compile it.

Basket Ball rules were published for the first time by the League in April, 1896.

On April 28, 1896, the associations of Canada were formed into a section known as the Northern Section.

On June 18, 1896, the first by-laws were adopted.

The articles of affiliation with the Amateur Athletic Union were signed and became effective October 3, 1896.

In January, 1897, the Amateur Athletic Union recognized and adopted the Y. M. C. A. Basket Ball rules as the official A.A.U. rules.

On a mail vote the first committee on reinstatement was authorized and appointed and later confirmed at the committee meeting March 10, 1897.

At about this time the A.A.U. adopted the resigtration scheme, charging each athlete one dollar for annual registration. The Athletic League followed their lead by adopting a like scheme of registration, without charge to athletes who were members of an association which held a membership in the league, and fifty cents for members of associations which were not members of the League. Later all members desiring to register were charged twenty-five cents. By an agreement which was concluded between two governing bodies the Athletic League agreed to pay the A.A.U. ten cents for each registration issued, and A.A.U. agreed to recognize all League registrations in competition sanctioned by the A.A.U.

At the meeting of the governing committee held January 25, 1898, the first record committee was appointed, Dr. Paul C. Phillips, Mr. C. E. Patterson and Dr. Gulick constituting the committee.

On April 15, 1898, Mr. George T. Hepbron was elected Associate Secretary of the Athletic League, and on June 27 his title was changed to Recording Secretary.

April 20, 1899, the rule admitting metropolitan associations



NEW ORLEANS (LA.) ATHLETIC TEAM.



to membership in the League as one organization and classing their inter-association contests as closed meets was adopted.

The initiation fee of \$10.00 was abolished October 4, 1899.

In 1901 the Athletic League was represented for the first time in a carnival of athletic games of a national character. Two days were set aside for association athletics at the Pan-American Exposition and many associations sent teams.

In 1902 the Chicago Central Association joined the A.A.U. This was the first Association to become a member of the A.A.U.

Articles of alliance with the Canadian Amateur Athletic Union were ratified December 5, 1902. This action, as later history developed, had an important bearing upon the athletics of Canada. At the same meeting Dr. George J. Fisher, then Physical Director of the Brooklyn Central Association, was appointed to the Governing Committee.

A notable growth in the League was apparent in 1903, not so much in members as in the matter of assuming leadership in the control and conduct of athletics outside of the Association membership. Several Associations became the athletic centers for their respective communities.

The Northern or Canadian Section of the Athletic League decided to organize a league of their own. This was accomplished in January, 1904. This organization is now known as the Y. M. C. A. Athletic League of Canada and is affiliated with the League.

In February, 1904, the by-laws were amended granting yearly sanctions for basket ball games.

In May, 1905, after eight years of continuous and most faithful service as secretary of the Athletic League, Mr. George T. Hepbron resigned.

Dr. George Fisher, who since October, 1904, had given his service to the Physical Department Committee, was elected to succeed Mr. Hepbron.

At the annual meeting in 1905 the present amateur definition was adopted, and an executive committee was appointed with power to transact business without calling a full meeting of the board.

October, 1905, the present by-laws providing for the appointment of consuls to represent the League in special sections and districts, with power to issue registration cards, grant sanctions and suspend athletes, were enacted. At this meeting the provision admitting county associations to membership in the Athletic League as one organization (similar to the Metropolitan plan) with one fee and permitting the holding of meets open to members of associations in the county organization without registrations and sanctions was adopted.



1, Hees; 2, Kendall; 3, Gebhardt; 4, Garesche; 5, Boyle; 6, Moyfield; 7, Stocke; 8, Jones; 9, Norsch; 10, McNeill; 11, Millhouse; 12, Forline, Capt.; 13, Wegner, Dir.; 14, Gray, Mgr.; 15, Dowell; 16, Vassar; 17, Heller; 18, Shuman; 19, Garesche; 20, Ruppel; 21, La Barge; 22, Newell; 23, Wright; 24, Nickerson.  
ST. LOUIS (MO.) CENTRAL Y.M.C.A. TRACK TEAM.  
Rox Studio, Photo.

A number of minor changes in the by-laws and rules have been made from time to time, so that they now more nearly conform to those found most satisfactory by other organizations, thus providing a more uniform code of laws, under which athletes compete.

January 11, 1907, F. B. Barnes was appointed as additional secretary of the League.

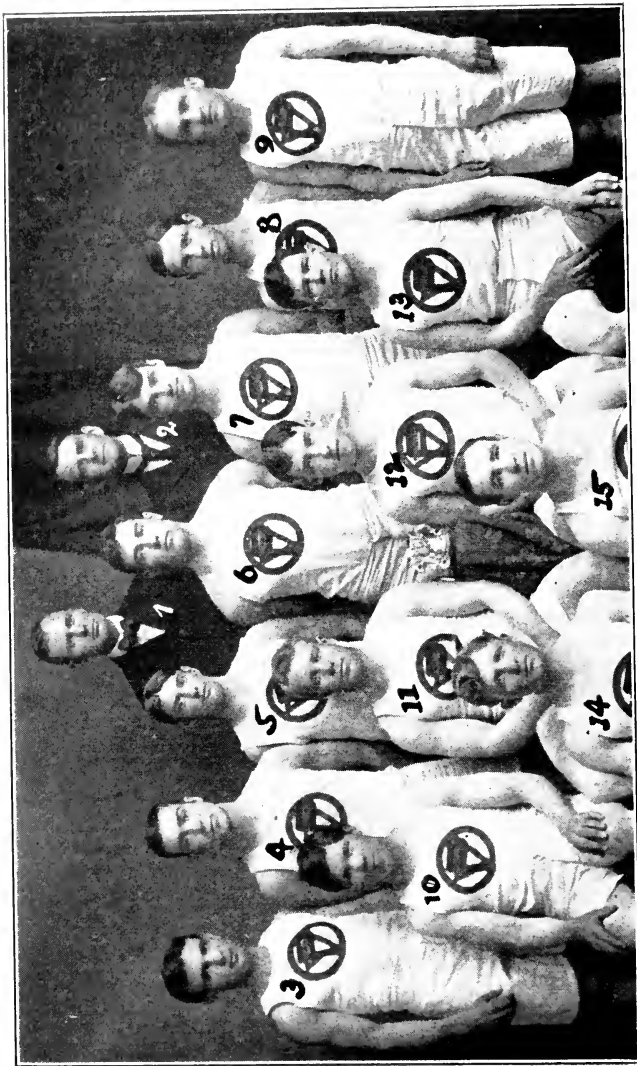
Mr. George T. Hepbron, who gave eight years to the office of Secretary of the League at a time when the associations were experimenting with the problem, rendered most valuable service by his tact, good judgment and wide knowledge of athletic administration in guiding the League through many difficult situations. His close relation to the officers of the A.A.U. and other recognized athletic bodies gave the league a most important position in the athletic world.

Mr. Erskine Uhl, who passed away on June 3, 1907, after thirty-two years of continuous service as an International Secretary, was always deeply interested in the League. His advice was particularly valuable in the early days of the movement.

Mr. Frederick B. Pratt has served the Athletic League as chairman of the Governing Committee from the first and by his keen judgment and business experience has directed the business transactions of the League in a most orderly and systematic manner.

All of the men on the Governing Committee have given their time and advice in the conduct of the League affairs. The names that appear most frequently upon the minutes of the Committee meetings are as follows: Mr. Richard C. Morse, Mr. Henry M. Orme, Mr. William Fellowes Morgan, Mr. Charles E. Patterson, Mr. L. E. Ballard, Dr. H. T. McCurdy, Mr. Henry Weickel, Mr. C. W. McAlpin, Mr. W. T. Brown, Mr. T. C. Hicks, Mr. W. M. Kingsley, Mr. George D. Pratt, Mr. George Ehler and Mr. Paul C. Phillips. Many others have rendered valuable assistance in the conduct of the work and helped in the framing its laws.

There are 151 associations which are members of the League and 3,071 men registered.



1, Lane, Phys. Dir.; 2, Shepard, Gen. Sec.; 3, Dyer; 4, Tolson; 5, Burkhardt; 6, Francis; 7, Atwood; 8, Chown; 9, Benton; 10, R. H. Reinmann; 11, Bartholomew; 12, Hahn; 13, A. J. Reinmann; 14, Murry; 15, Rutherford. Nash, Photo.

PEORIA (ILL.) Y.M.C.A. ATHLETIC TEAM.

# THE ORGANIZATION OF AN ATHLETIC CLUB

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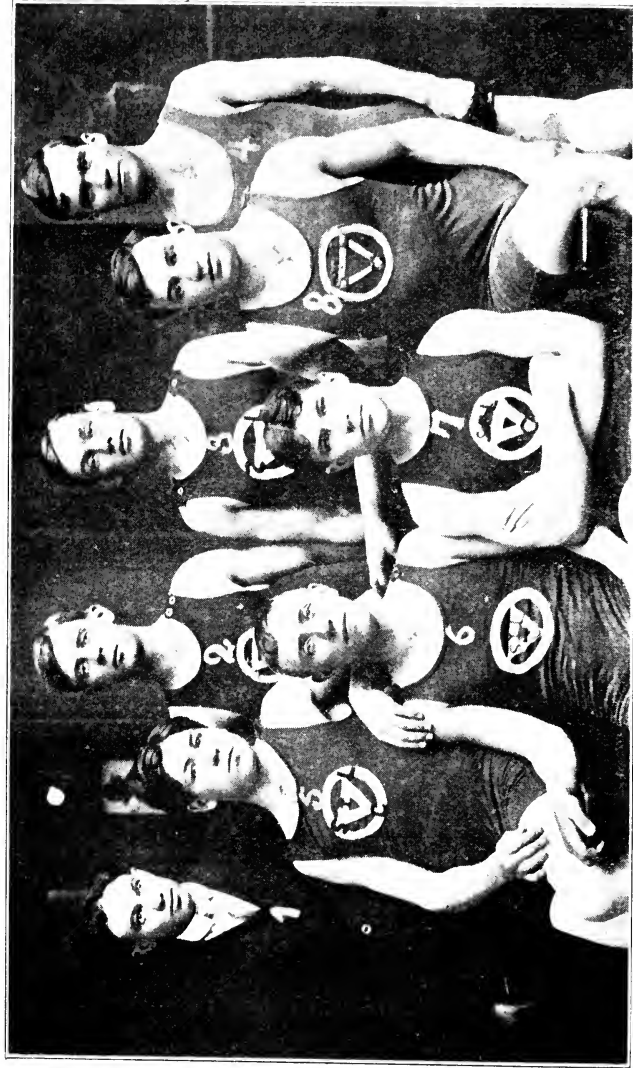
GEORGE J. FISHER, M. D.,  
Secretary of Governing Committee.

Athletics are intensely social. Community interest in athletic sports has brought many social organizations into existence. Most sports can not be participated in by one individual, but require a group of men to make play possible. Competition requires numbers. The joy that comes from competition is brought about by its relation to others—winning from other men, the honor of representing the school, the applause of spectators, the commendation of friends. These contribute interest and enthusiasm. Then, too, the athlete seldom competes unattached. He usually represents some club, school or institution. Most of the races he engages in are not indulged in primarily because of personal interests but for the honor of his college or association. When athletic work becomes individualistic, it becomes sordid and selfish and the real spirit and meaning is taken out of it.

This being true, the conduct of athletics should be largely social. Properly organized, athletics may be made to contribute vitally to the social spirit of the association. The conduct of all the sports should be made co-operative. Athletics provide an opportunity to put many to work, which always creates interest on the part of those so used. Close contests, a reasonable number of victories, and gentlemanly conduct in competition inject esprit and enthusiasm into the membership.

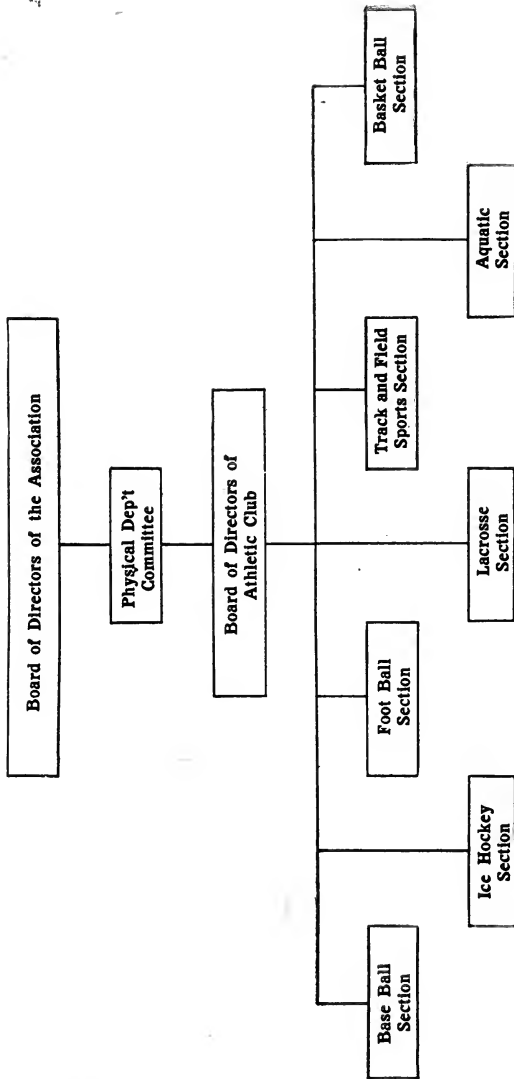
The social side of athletics must ever be kept uppermost. There is frequently a tendency to limit competition to a few, whereas it should offer opportunity for the many to enjoy the privileges of participation. While it is wise to have a track team composed of athletes who by superior work have won distinction, participation should not be limited to these. The athletic policy should make provision for events in which the novice and the mediocre athlete can find a place.

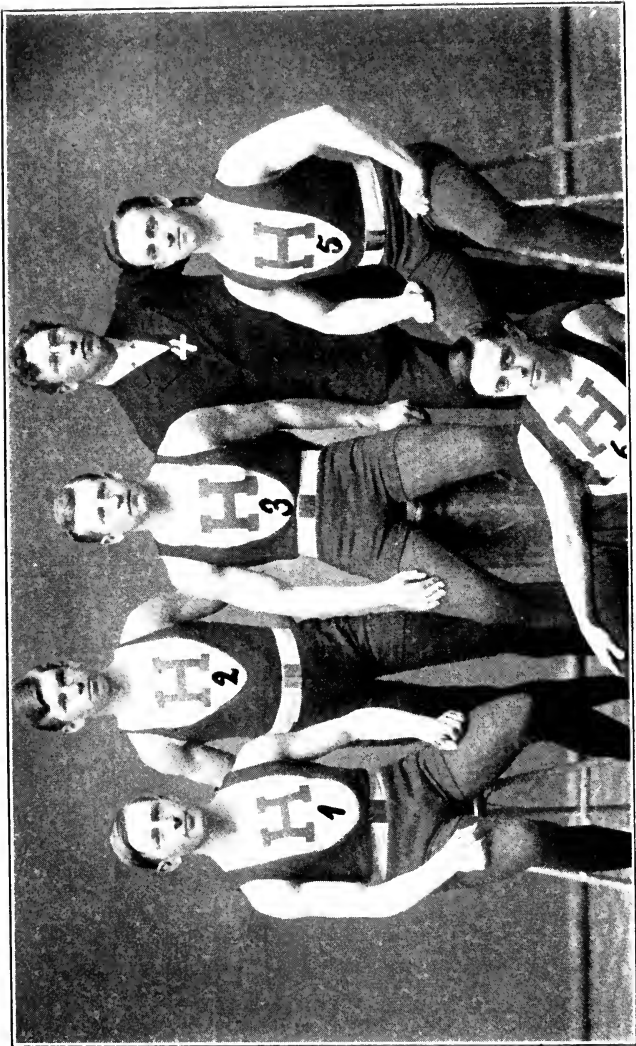
Some associations have a budget for the athletic work and send athletic teams, whom they elect, to various "meets" and pay all expenses, including entrance fees, uniforms and traveling



1, Senior, Instructor; 2, Schriumpf; 3, McKenzie; 4, Erman; 5, Waters; 6, Williams; 7, Abregat; 8, Manley.  
ST. LOUIS (MO.) CENTRAL Y.M.C.A. WATER POLO TEAM.

# SCHEME OF ORGANIZATION OF A LOCAL ATHLETIC CLUB.





1, Thompson; 2, Fischer; 3, Meyer; 4, Noehren; 5, Schmitz; 6, Seiges.  
HARLEM BRANCH Y.M.C.A. GYMNASIUM TEAM, NEW YORK.

Fach Bros., Photo.



expenses. Some even go so far as to give "star" athletes special privileges, such as a membership in the association, and thus make them a select and favored class. Such a plan is expensive and, to say the least, unfair to the rest of the members, and is attended by vicious results.

There is another dangerous tendency in athletics and that is the danger of dissipation. Play is a restive steed. The tendency is to excess. The desire to win perverts the true spirit of victory. Athletics become an end in themselves, rather than a means to an end. Unfair means and conduct are frequently resorted to in order to acquire the desired end, viz., victory.

In this article attention has been called to three dangerous tendencies—first, the tendency toward individualism; second, the tendency toward favoritism; third, the tendency toward excess and unfair conduct.

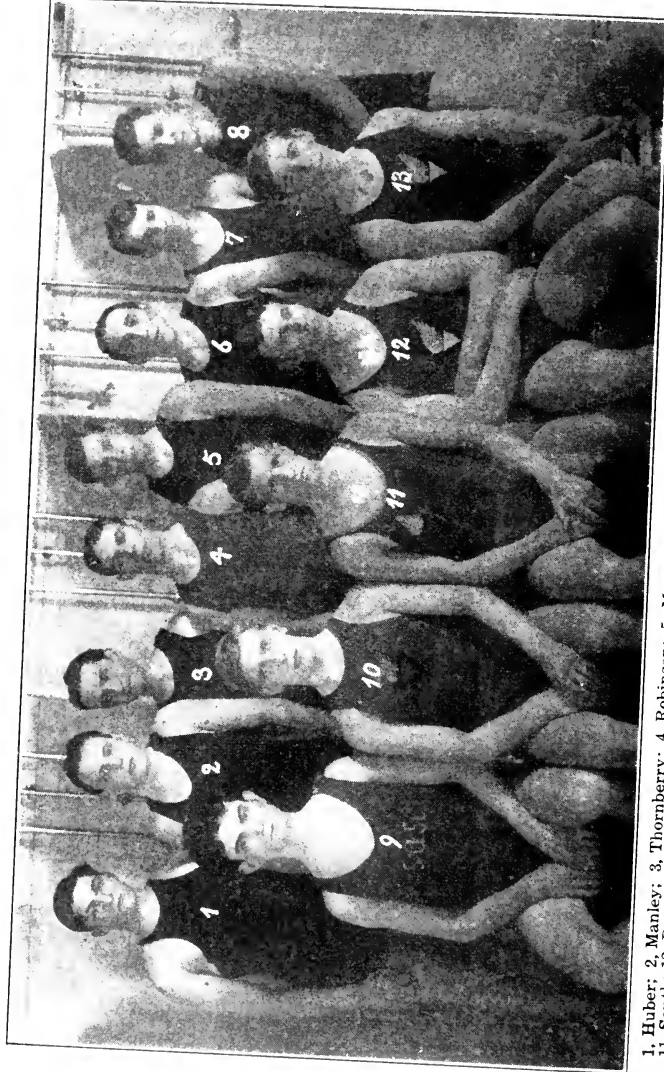
A form of organization is therefore necessary in the conduct of athletics which will provide for a co-operative policy, which will be conducted by the members, for the members and will be composed of the members and by which clean sport principles will be enunciated and upheld and a healthy, uplifting spirit dominate all athletic affairs.

In my judgment, the best way to bring this about, is by the organization of an athletic club composed of the members of the association of all those who are in any way interested in athletic exercise or out of door sports.

Such an organization should have the usual officers. A strong man whose ethics in sport are known to be pure and who has executive ability should be made president, for much will depend upon him for the success of the organization. There should also be the usual vice-president, secretary and treasurer. These with three others should constitute the Board of Directors. The constitution should also provide permanent positions on the Board of Directors for both the chairman of the physical department committee and the physical director. This will relate the club officially to the association and provide a means of proper supervision.

The limitation of such an organization should be defined to the members and yet a reasonable amount of independence and authority permitted.

The great value of such a movement is that it unites the various branches of sport. Instead of having a base ball team, a basket ball team, track and other teams, each with its own treasury interested only in its own struggle with its own particular following, and with no relation to the other teams of the association, there is but one treasury. All branches of athletics



1, Huber; 2, Manley; 3, Thornberry; 4, Robinson; 5, Morrell; 6, Berk; 7, deLoiselle; 8, Faure; 9, Thrower; 10, Parrott; 11, South; 12, Brunton; 13, Tzscheutschler.  
TWENTY-THIRD STREET BRANCH (NEW YORK CITY) Y. M. C. A. SWIMMING TEAM.  
White, Photo.

are under the administration of the athletic club. The receipts from all teams go into the same treasury, the deficits when there are any are paid out of the same treasury. For illustration, the basket ball team nets \$100 during the season above all expenses. Instead of holding this as a separate fund, it is paid into the Athletic Club Treasury. The base ball team comes out \$50 short at the end of the season. This deficit is paid from the club treasury. Under the independent policy perhaps it would be impossible to conduct a base ball team, but by having a financially successful basket ball team it is able to have a base ball team. Thus it is the strong helping the weak. Thus the members of the base ball team are not only interested in base ball, but are interested in the success of the basket ball team and vice versa. Each is benefited by the success of the other, hence mutual co-operation.

Another advantage of an athletic club is that it provides a forum for discussing the athletic policy of the association, for co-operation in athletic affairs. Here clean sport principles are enunciated, errors are rectified, right methods and right conduct insisted upon.

Sections are organized in the various branches of sport over which the club desires jurisdiction. Thus there may be sections in base ball, foot ball, basket ball, tennis, ice hockey, gymnastics, track and field sports. Each section is represented by a committee which plans the policy of the sections subject to the approval of the athletic club.

The club meetings are held monthly, and the chairmen of the sections make monthly reports.

A slight fee should be charged for membership in the club and participation in athletics limited to paid up members. All bills must be endorsed by the president and paid by check countersigned by him.

The entire athletic program should be planned at the club meetings. Thus responsibility for carrying out the program is not limited to the physical director, but is placed upon the club membership.

What can be done by such a club? Put many to work. Divide responsibility. Make athletics self sustaining. Conduct indoor and outdoor athletic meets, cross country runs, novice events, group games. Representative teams can be managed and financed, including such sports as base ball, basket ball, foot ball, ice hockey, la cross, tennis, gymnastics, bowling, etc., etc. Colors are selected, yells adopted, emblems chosen, rooters' club organized. The monthly meeting may be made a special social event occasionally. Men prominent in athletic affairs may be

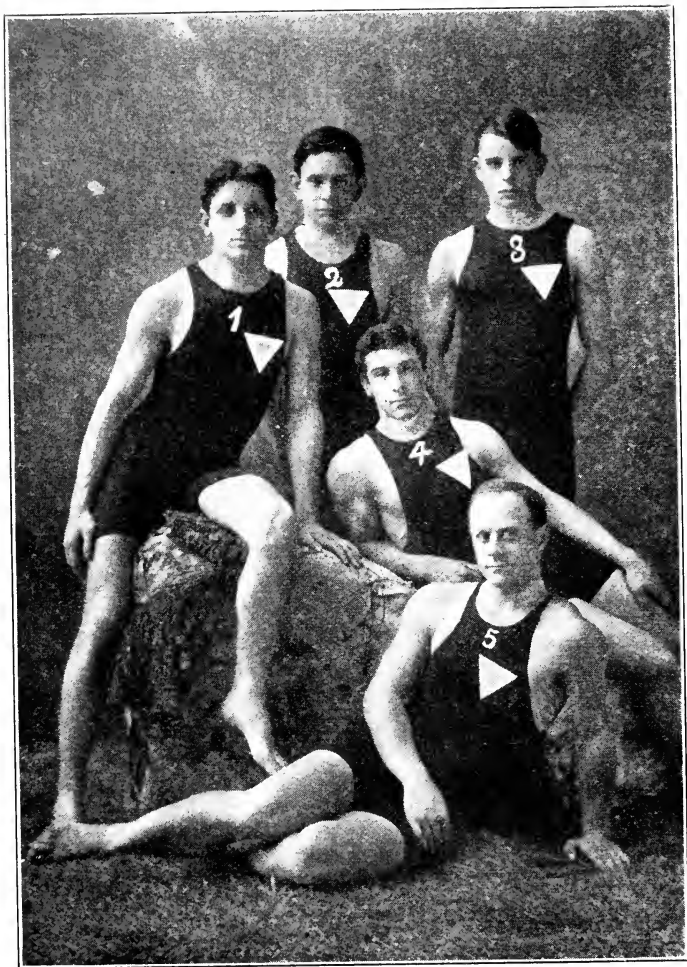


1, Hippard; 2, Nill, Mgr.; 3, Dr. Welzmler; 4, Trubenbach; 5, Mordecai; 6, Pratt; 7, Stiefel; 8, Johnston; 9, Packenham; 10, Friedlander; 11, Mustor; 12, Studebaker; 13, Reilly; 14, Eylers, Capt.; 15, Mantell; 16, Schoninger. DeYoung, Photo.  
WEST SIDE BRANCH (NEW YORK CITY) Y. M. C. A. SWIMMING TEAM.

invited to address the members on "clean sport" or "how to train," "the relation of athletics to character," or kindred subjects. An annual banquet can well be made a part of the program at which the ideals to be sought for in athletics can be presented by men well able to make such presentation.

What are some of the dangers of such an organization? The unruly element may be in the majority, the purpose for which the club was organized may be diverted. The members, unless rightly educated, may exceed their authority and their natural limitations.

Thoroughly organized, however, with strict adherence to the principles upon which such an organization is founded, the local athletic club will contribute much in making possible a progressive athletic policy, in securing the co-operation of many members, in creating a delightful social spirit and in securing bodily vigor and power to those who enjoy its privileges.



1, Reilly; 2, Mantell; 3, Nill; 4, Eylers; 5, Johnston.  
RELAY SWIMMING TEAM WEST SIDE BRANCH Y. M. C. A. (NEW  
YORK CITY)

## THE ORGANIZATION AND CONDUCT OF A LARGE INDOOR ATHLETIC MEET

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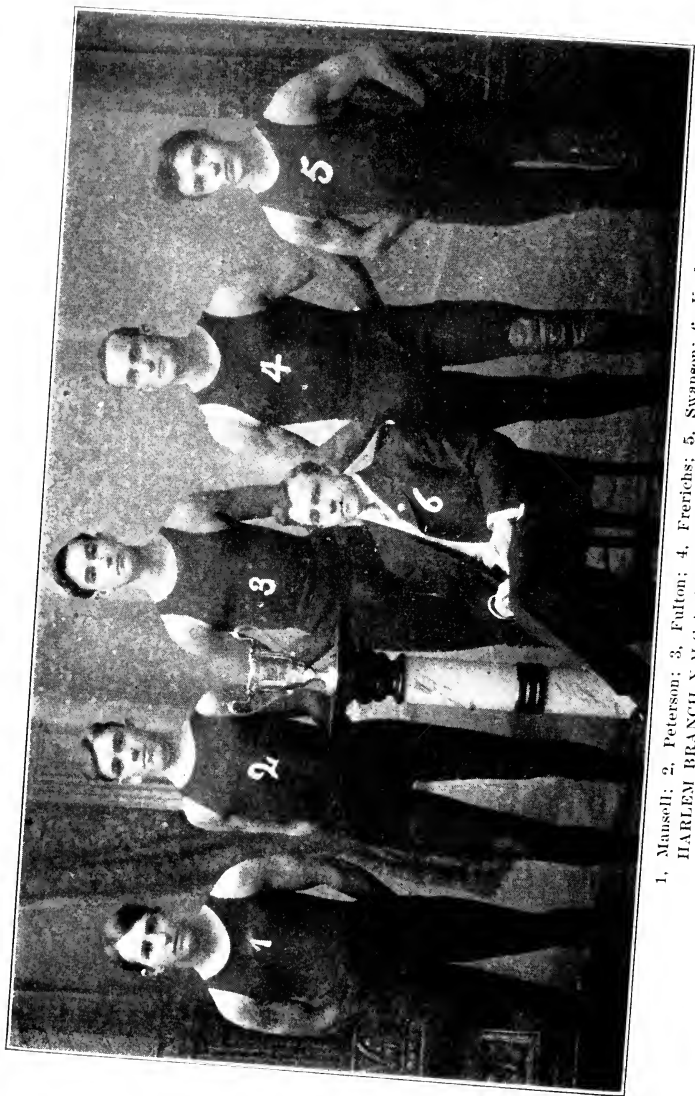
WALTER W. SAUNDERS, Schenectady, N. Y.

The foundation upon which to build a successful athletic meet is organization—clear cut, intelligent marshalling of forces. Back of this, however, must be the personality of one or more enthusiastic, sane, and, if possible, experienced, men. Devotion and sound judgment can make up in large measure for the lack of the last-named quality. But upon one or two men will fall the bulk of the work and responsibility. It is the aim of this paper to furnish somewhat in detail the results of some experience gained in the management and inside observation of several athletic meets. It may be helpful to others who are considering the question of undertaking such an enterprise.

Three kinds of athletic meets concern the Young Men's Christian Association: (1) An open set of games, in which all registered athletes may participate. Because our gymnasiums are too small for such events, they must be held during the winter or indoor season in an armory or similar hall of sufficient dimensions. To secure the use of the armory, it is often necessary to hold the games in conjunction with the regiment, or one of the companies, upon an even division of responsibilities and profits. (2) An inter-association meet, between the branches of a city, or the associations of a district or state; limited in each case to the members of the associations. A committee representing the associations controls it. (3) A meet for the members of the athletic club (if there is one) or the members of the one association. This is closed to all not members of the particular organization.

While most of the principles enunciated below apply to all three classes of athletic meets, yet in considering the topic the open indoor athletic meet will be the one held in mind.

What should determine the advisability of conducting a set of games? Briefly, the points to be considered are these: (a) Is there room for it? Have there been too many similar events in the city? If a large city, they may have been held in another part of it. In Brooklyn it was found that but two regiments held games during the season, and in both cases they were



1, Mansell; 2, Peterson; 3, Fulton; 4, Frerichs; 5, Swanson; 6, Karl.  
HARLEM BRANCH Y.M.C.A. WRESTLING TEAM, NEW YORK.  
Greater New York Champion Wrestling Team.



closed games. Not an open meet had been held in the borough for several years. Across the river in Manhattan a set of games was run off in one of the armories, or in Madison Square Garden every Saturday night during the season from early fall to late spring, and in some instances two sets were held in one week. There seemed to be room for an open meet in Brooklyn. It was believed that a very large number, and the best of New York's athletes, could be induced to come over and participate, while, too, an unusually large crowd would be secured from our own borough. (b) The question of prizes. Can you afford the best? For without good prizes, entries will not be attracted. This from the side of the athlete. Gold watch for first, gold die medal for second, and silver for third, have proved attractive, but it has been overdone in New York, and the athletes generally prefer a solid medal or fob, or cup instead. Next season solid gold and silver medals will be given almost universally. Neatness and high grade must mark the prizes given by the association. (c) A third consideration is, Can entries of the right kind and in sufficient numbers be secured? High grade men for every event are desirable. It is important to know at the start if we can command them. In this connection must be considered (d) attractive events, a program varied enough to attract the experts in the various distances and field events, and yet with room for the novice. The latter are paying events, and encourage new men. Special races between clubs, regiments or cities, in which the best athletes of the section take part, are drawing cards alike to athletes and spectators. College relays always take well. One or two spectacular events are believed necessary—bicycle races or wall-scaling contests. Other events are demanded by local conditions, but the multiplying of them means more prizes and greater expense. The shorter distances have the greatest number of entries, and more than pay for their prizes. (e) A non-conflicting date. The secretary of the Amateur Athletic Union of your section can help here; he has a list of contemplated athletic events. A date late in the spring is unwise, interest has begun to wane and men are looking forward to outdoor work. College men are then getting ready for their outdoor meets, and it is hard to secure them. (f) Will it be supported? Will the people of the city attend? Are they interested in athletics, or can they be interested? And will the association stand back of it? A fund ought to be ready in case of failure. (g) Lastly, is the club or association able to handle it? Has it a man of experience and judgment to take charge of it from first to last? And are there competent men to assist him in working it out? Any organization that attempts the holding of a set of athletic games for open competition has set

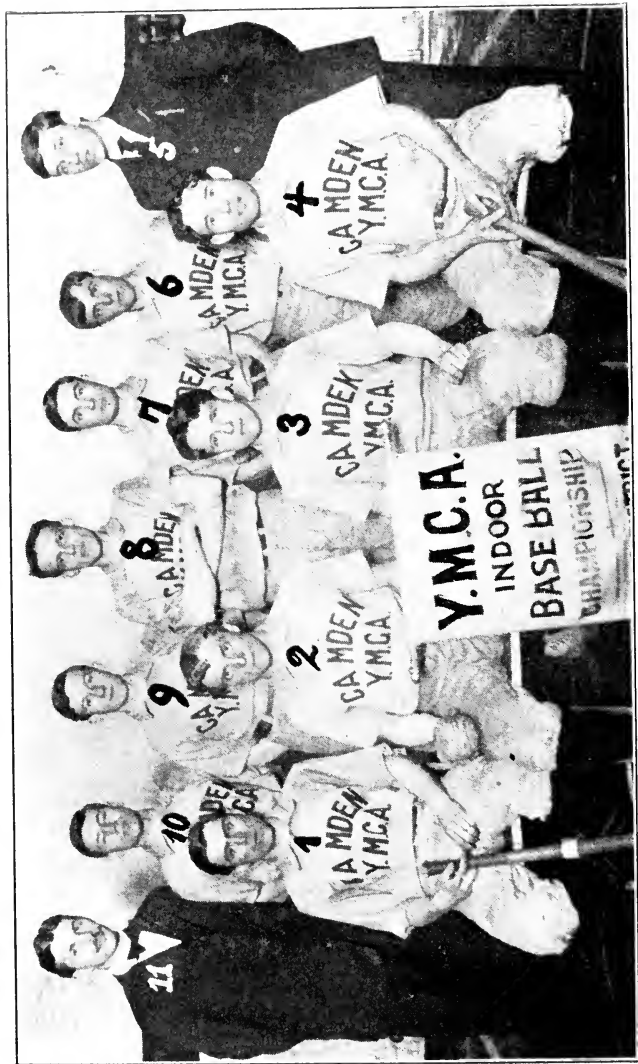


BEDFORD BRANCH (BROOKLYN, N. Y.) Y. M. C. A. BOYS' DEPARTMENT.  
Greater New York Champions in Athletics, Aquatics, Gymnastics, 1906-07.

for itself a great task, one that means much time and abundant effort.

Having settled these points, one is ready for the organization. A Games Committee is to be appointed which is to have entire charge of the arrangements. If the association joins with a regiment, each organization is represented on the committee. The most experienced man should be chosen corresponding secretary, for upon him will devolve the actual handling of the meet, especially in its details. Having selected a date, a program of the standard track and field events should next be arranged, having the qualities above pointed out. A sanction for the meet is early obtained from the Amateur Athletic Union, and if there are bicycle and closed military and Y. M. C. A. events from the National Cycle Association, Military Athletic League and Athletic League of North America. For these, application is made to the secretaries of these bodies. Committees on printing, prizes, and advertising are appointed. The Games Committee selects the officials.

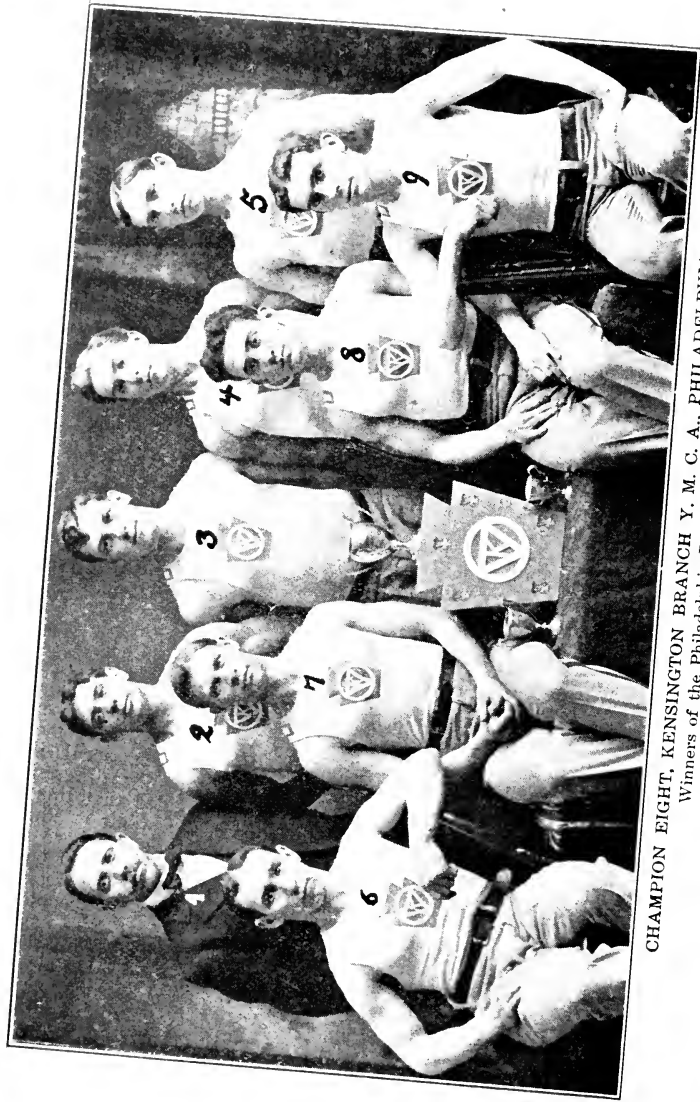
Printed Matter.—Entry blanks are gotten out at once, and are sent by the corresponding secretary to all the athletic organizations in the vicinity, and also to all unattached athletes whose addresses he can secure. On one side is printed the program of events and conditions of competition, prizes, date, place, etc., and the date for the closing of entries; and on the other spaces for events entered, and previous records (for guidance of handicapper), and for name, address and registration number. They ought to be out at least six weeks before the date of the games. Another set of blanks is sent out later, and perhaps a third. They are also distributed at every set of games in the dressing-rooms of the contestants. Posters for windows and bill boards are provided. Competitors' tickets, lists of instructions, tickets of admission, box checks, officials' tickets, are not to be forgotten. It falls to the corresponding secretary to send out the tickets to competitors, accompanied by a list of instructions, and to the officials and the press. The number of tickets to each of the latter is governed by local conditions, one to an official and two or three to each sporting editor is usually sufficient. The corresponding secretary must also extend to the officials the formal invitation to serve in certain capacities at the meet. Numbers for the contestants are to be provided. They are either sent out to the competitor with his ticket, or—the better way—given to him as he enters the building the evening of the games. A man often loses his number when it is sent to him. The hardest work falling to the committee on printing is the getting out of the program. If the committee can get someone to assume all responsibility and print it for what he can make from



1, Scofield; 2, Fausel; 3, Leach; 4, Williams; 5, Jones; 6, Rambo; 7, Stille; 8, Huffman; 9, Fulton; 10, Shelton;  
 11, Messersmith, Phys. Dir.  
 CAMDEN (N. J.) Y.M.C.A. INDOOR BASE BALL TEAM.  
 Champions Philadelphia District, 1906-1907.

the advertisements in it (the advertisements to be secured by himself) the task is simplified. The printer pays the committee a small percentage on each "ad." This is the most desirable arrangement; otherwise the committee will have to hustle for "ads." to make the program pay for itself. The program should be in souvenir form, neat and worth charging for. The subject matter may include a short history of the organizations under whose auspices the affair is held. Half-tone cuts of athletes, officials, etc., add to its attractiveness as a souvenir, and give it a value as an advertising agency for next year's venture. Above all, the arrangement of the events should be clear and easily followed, so that the most inexperienced of the audience may understand what is taking place. As much as possible of the program material should be set up early, leaving the lists of entries to be rushed in at the last moment. In spite of the fact that the date for the closing of entries is a week in advance of meet, it is the experience that the bulk of entries do not come in until a day or two after that time. They must be sent to the handicapper, and after he has finished with them to the printer.

Advertising.—Necessarily two kinds of advertising must be done—among the athletes and with the public. By all means, the most effective is the personal effort of the members of the Games Committee to see the athletes individually, or the men of influence in the athletic clubs, and so secure their participation. This can be done at the various sets of games. If any of the Games Committee are officials at such games their opportunities are exceptionally good to approach the right men. But if not, in the dressing rooms excellent results may be accomplished with the athletes and their club officials. I may almost put it so strongly as to say that the success of the first open meet held by the Central Branch, Brooklyn, was due to this fact—certainly the list of nearly 500 entries was. Frequent locals in the papers announcing the crack men entered for the different contests supplement this. The fellows are persuaded that there is going to be something of merit. Of course, the public is educated at the same time. Again, start early. Here is where a lively and energetic press committee or reporter comes in. I believe, a volunteer is best. The one we had the first year from our membership did wonders in keeping it before the people. The reporter from one of the city's dailies, whom we employed the second year, did not accomplish much. No "ads." in the papers were used. Posters in windows are not effective, unless very striking. A good thing is the display of prizes in one of the largest windows down town. A sale of seats, giving first choice to club members, arouses interest in the association. Large



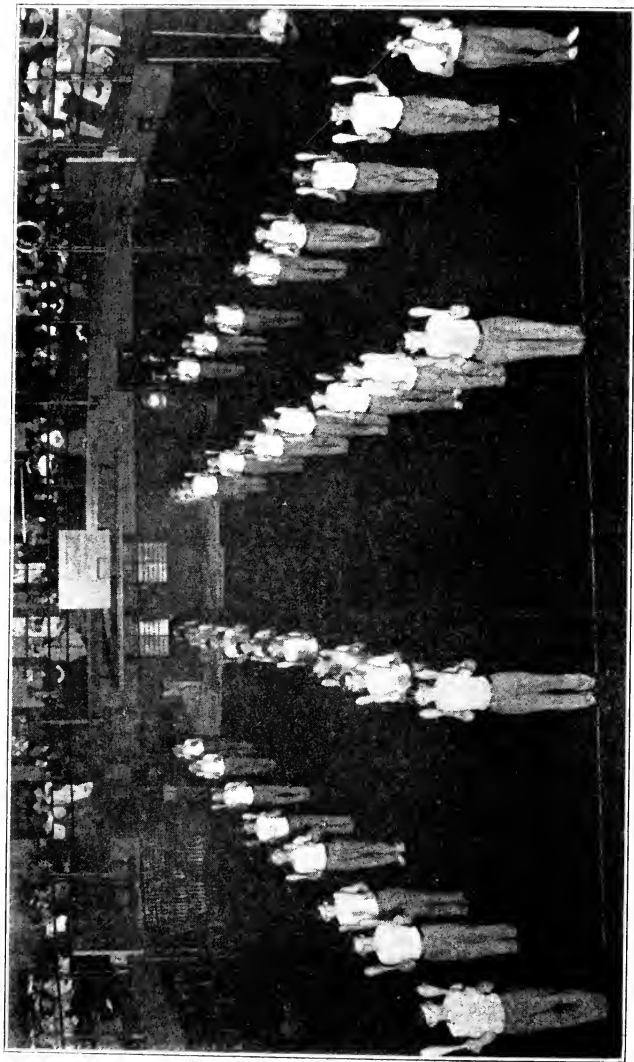
CHAMPION EIGHT, KENSINGTON BRANCH Y. M. C. A., PHILADELPHIA, PA.  
Winners of the Philadelphia District Championship.

posters in front of the association building and armory are forms of advertising that pay.

**Handling of Entries.**—If it is a large meet the corresponding secretary should have an entry clerk, who in addition needs helpers. The association has an advantage over the ordinary athletic club in being able to command the service of salaried men for the work, men who can be on the ground all the time, while the other organizations have to depend to a large extent upon volunteer workers who are limited as to time. The helpers of the entry clerk are members of the association. When the entries are received by the secretary, the amounts accompanying them are entered on the cash account and the money sent to the treasurer, and the entry blank turned over to the entry clerk. The entry clerk should keep a list of the competitors in the order in which they enter.

This serves the double purpose of giving the first men who enter the advantage of place at the starting line, and tells what number the next man who enters is to receive—the clerk assigns the numbers. This list is also a check on the entries. The man's name and number should now be recorded in a book alphabetically indexed, for should he enter later another event this will avoid the assigning of a second number to him. A ticket for admission for the games is sent him which also entitles him to training privileges on the armory floor at stated times. The number of this ticket may be the same as his competitor's number on the program, and his attention should be called to this fact in the printed list of instructions which accompanies his ticket. This will save time on the evening of the games when he calls for his number. Finally, the competitor's name and number are placed under the events in which he is entered, and later on his handicaps are added. In the rush of entries a day or two after the date for closing them, a force of helpers is needed to accomplish the above and have the blanks ready for the handicapper.

**Officials.**—The wise selection of officials plays no little part in the success of a meet, and that in two important ways. By representing the most influential clubs, they assure a large delegation of athletes from those clubs. Failure to put certain men on would injure a meet. It makes an unnecessary number of officials, I admit, yet I know that if some men were not included in the list of officials on an athletic games program in New York, that set of games would not receive any entries from the organizations they represent. The test of a meet is the way in which it is run off, and to do this good officials are essential. The athletes size up a meet largely by the promptness with which the events are run off. And I have been surprised to hear



TOLEDO (OHIO) Y. M. C. A. GYMNASIUM.



spectators comment enthusiastically not upon the close contest, but upon the splendid way in which things moved along.

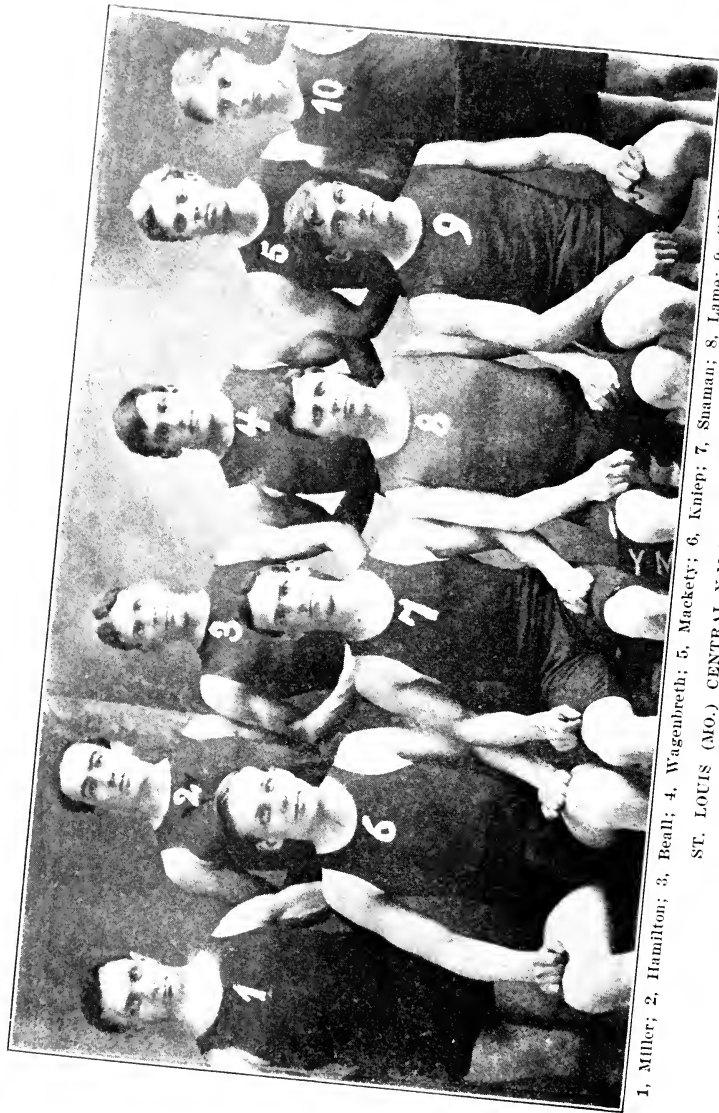
The Games.—A good band is indispensable. Use the regimental band.

Be sure that a press table is provided in one of the best situations for seeing the running events. This is usually in the circle near the finish. Carelessness in looking after this detail resulted in adverse comments in the papers next day on what was really a splendid set of games. One must think about next year, and get the reporters on his side. Let everybody go away pleased. A good official reporter should be selected from the membership, who will get the results promptly from the proper officials, and have them for the reporters at the press table even before they can be announced. This counts.

Start on Time.—If entry list is large start a half hour earlier; the many heats in the short dashes may make this necessary. The instructions sent to athletes, officials and press include this information. Be sure that some officials will be there, however.

Again, the emphasis on running off the events in a snappy manner, tolerate no waits or delays between events. It is what the audience wants, and it demonstrates to everyone that you are capable of handling a meet. No meet is a success that goes along loosely. Right here is the final test of one's ability; all the efforts put forth in the days and weeks previous will count for nothing if one fails here. Upon the director of games will devolve the responsibility of keeping things moving. He is among the officials, overseeing them and stimulating them to their duty. He must be tireless in his efforts, and he can not cease them until the last contest is decided. The whole process, from getting the men out of their dressing rooms for their event promptly to the placing of them on their marks and seeing them started, and then having them off the floor with equal promptness when the race is over, is under his watchful direction. Everything must work smoothly, and if it does not he must be able to discover that part that needs oiling.

A word about the care of the athletes who are in a measure your guests of the evening. Suitable dressing rooms should be provided. Special information about matters for their comfort and convenience may be posted in prominent places. Rules of the contest are also printed in the program. They can receive their numbers as they enter the building, and a good supply of safety pins for fastening them on should be at hand. The alphabetical list of competitors should be handy. A man wants his number without looking it up. A place where the athletes may witness the contests should be reserved for them. They should not be permitted within the circle until their event.



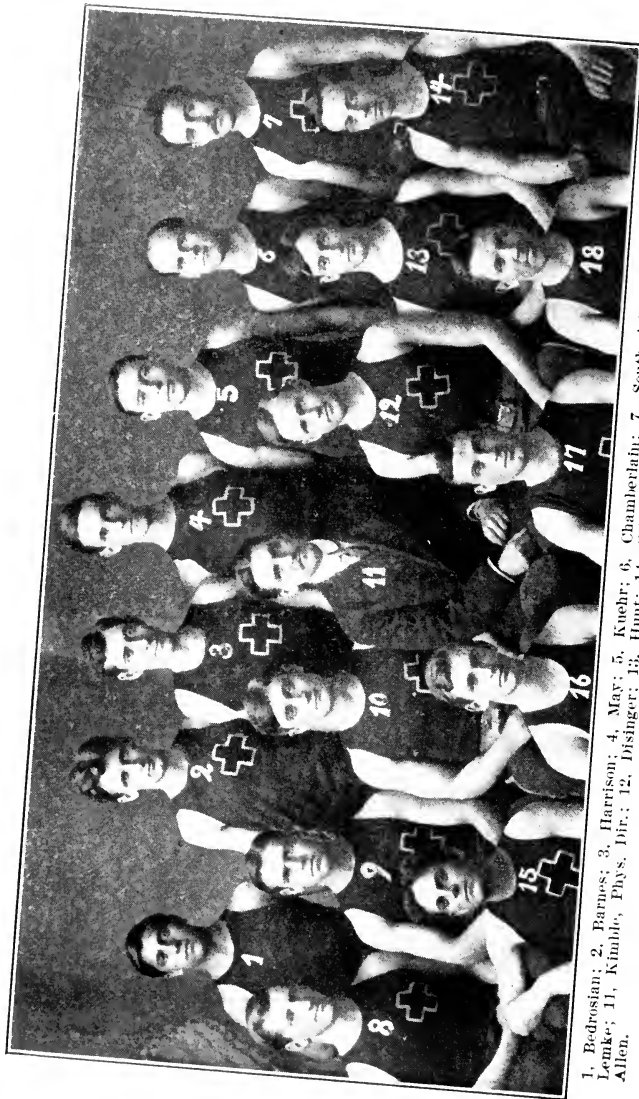
1, Miller; 2, Hamilton; 3, Beall; 4, Wagenbreth; 5, Mackety; 6, Knief; 7, Shuman; 8, Lane; 9, Olien; 10, Judha.  
ST. LOUIS (MO.) CENTRAL Y.M.C.A. WRESTLING CLUB.  
Rino, Photo.

Together with the officials they would obstruct the view of the spectators. At a recent meet, benches along the outer side of the track at the starting line for the members of the relay teams was an excellent idea. The men were out of the way while waiting their turn to pick up their men, and at the same time had a good view of the track.

Strict marshaling is needed. No person without a badge has any business within the circle. The marshals should clear the floor, and keep it clear of both spectators and athletes. If held in an armory the uniforms of the soldiers lend effectiveness to the control of the crowd. As soon as an event is finished, the winner's number should be O K'd by the proper person, and upon presentation of this to the awarding judge his prize can be obtained.

It is hardly necessary to call attention to the care of the audience. One thing that will contribute much to their enjoyment of the evening is excellent announcing. Get a good man.

Programmes can be sold at the entrance, and a percentage given to the sellers. The providing of all the apparatus for the events must not be overlooked.



1, Bedrosian; 2, Barnes; 3, Harrison; 4, May; 5, Kuehr; 6, Chamberlain; 7, Southwick; 8, Collier; 9, Young; 10, Lemke; 11, Kimble, Phys. Dir.; 12, Disinger; 13, Hunt; 14, Schubmehl; 15, Turrell; 16, Metzgar; 17, Frame; 18, Allen.  
 SENIOR LEADER CORPS, Y.M.C.A., BINGHAMTON, N. Y.  
 McCarthy, Photo.

## HANDLING A BIG ATHLETIC MEET

Extracts From an Account of Troy, N. Y., Olympic Indoor Athletic Carnival.

BY F. C. BENNER.

This meet was held under the auspices of the Troy Association, organized and directed by the combined Physical Department Committee and officers of the Troy Y. M. C. A. Athletic Association, which numbers among its members some of the most influential business men of the city.

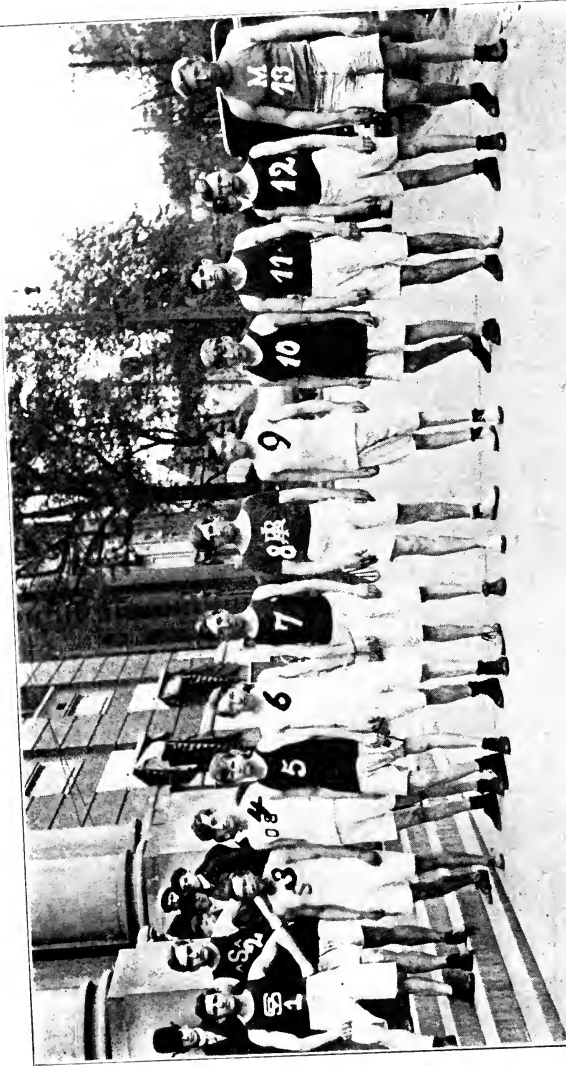
### COMMITTEE ORGANIZATION.

*Games Committee.*—Composed of strong business men, who outlined the whole scheme and set the organized forces going.

*Press Committee.*—This Committee did most valuable service and was made up of reporters from the three leading papers and the physical director. The committee met about three times a week, and the physical director dictated from one to two columns of matter to them. They would amplify the facts and have it published in the papers the following day. The leading attractions of the meet were the track teams of Cornell, Columbia, and Brown Universities, Williams, Colgate, and Union Colleges, and members of the Olympic teams who competed at Athens for America. As each entry was secured his athletic history was given to the committee. The papers were generous enough to run off extra copies which were sent to the papers of the neighboring towns and were eagerly sought and published. A large number of copies from these papers were secured showing how generously these write-ups were used.

The valuable reading matter published by the papers made it unnecessary to spend much money for advertising.

*Track and Seat Committee.*—To look after all the details of the arrangements of the track and bleachers. A twelve-lap board track was built in sections and laid on the two days before the games. This track was considered by the competing athletes to be one of the fastest indoor tracks ever built and the fact that a special track was being built which would allow the contestants to use spikes was an inducement which decided many fast runners to enter the meet. Portable bleachers were rented from a base ball club in a nearby city and erected in the armory before the meet.



1, Greenwald; 2, Gallenkamp; 3, Buenzle; 4, Davis; 5, Osterhout; 6, W. Reid; 7, Jones; 8, Mirtz; 9, Blake; 10, Adamson; 11, Williams; 12, J. Reid; 13, Stipp.  
 START OF FIVE MILE CROSS-COUNTRY RUN, SATURDAY, JUNE 1, 1907. FROM SCRANTON (PA.) Y.M.C.A.  
 Won by Gallenkamp; Buenzle, second; Wm. Reid, Third. Time 26m. 45 1-2s.

*Floor Committee.*—This committee attended to the securing of police and detectives (without cost) and arranged the policing of the building as well as attending to the marshaling on the night of the games.

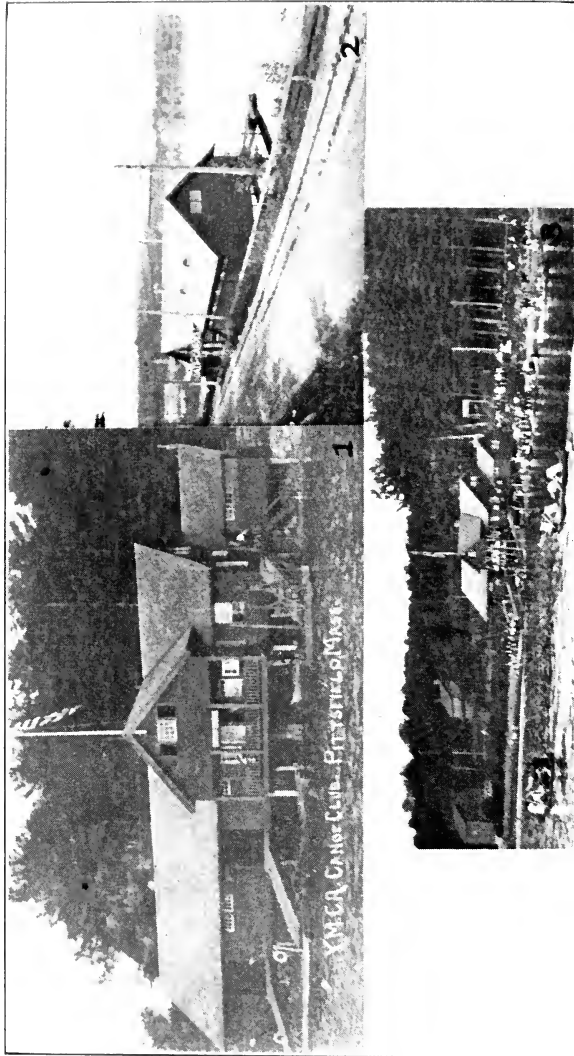
*Dressing Room Committee.*—Arranged for the comfort of the athletes. The visiting athletes said they were never so well taken care of. Not a thing was lost.

*Ticket Selling Committee.* This committee organized a splendid ticket-selling contest, putting up prizes for the winners. The first prize was a vacation trip or its equivalent in cash, amounting to about \$22.00; second prize, a trip or its equivalent in cash, to Niagara Falls, and the third, a railroad ticket to New York and return. The winner's returns were \$375.00; second man, \$325.00, and the third, \$250.00. This was a most valuable scheme because it was in a measure a guarantee against bad weather and then it was a splendid advertising medium. The contest closed three nights before the games, thus avoiding the usual delay in settling for tickets. The committee made all arrangements and pushed the reserved seat sale and attended to all the box office details.

*Invitation Committee.*—The Games Committee were interested in something more than simply putting in a big attraction. They desired to make this meet contribute to the general interest and practice of athletics among the men of the city, so they decided to put on special events for the different classes of men and boys of the city, and they delegated this duty to an invitation committee. This committee visited factories, schools and department stores and invited the managements to send teams to represent these institutions in competition with other like institutions, and in addition they got up a subscription from alumni of different colleges to help pay the expenses of a team from their college to compete in these games. The result was a number of very interesting relay races between teams representing different interests and a large following of supporters attended the games to see their team win. As an outcome two proprietors of department stores gave dinners to their teams representing their stores and the physical director of the Association was invited to address them on the subject of clean sport. Athletics proved the means in this case of bringing employer and employee into a closer relationship.

*Usher Committee.*—The courteous and gentlemanly manner in which this committee of forty handled a crowd of 5,000 was in itself a large factor in creating sentiment for the Association and the kind of big things it can do.

The treasurer's report is as follows:



Y. M. C. A. CAMP AND CANOE CLUB, PITTSFIELD, MASS.



## TROY, N. Y., ATHLETIC CARNIVAL ACCOUNT, 1907.

## RECEIPTS.

Sale of tickets and reserving.....	\$1,771.13
Sale of programmes, advertising, and entry fees	221.18
Contributions for prizes.....	73.00
	<hr/>
	\$2,065.31

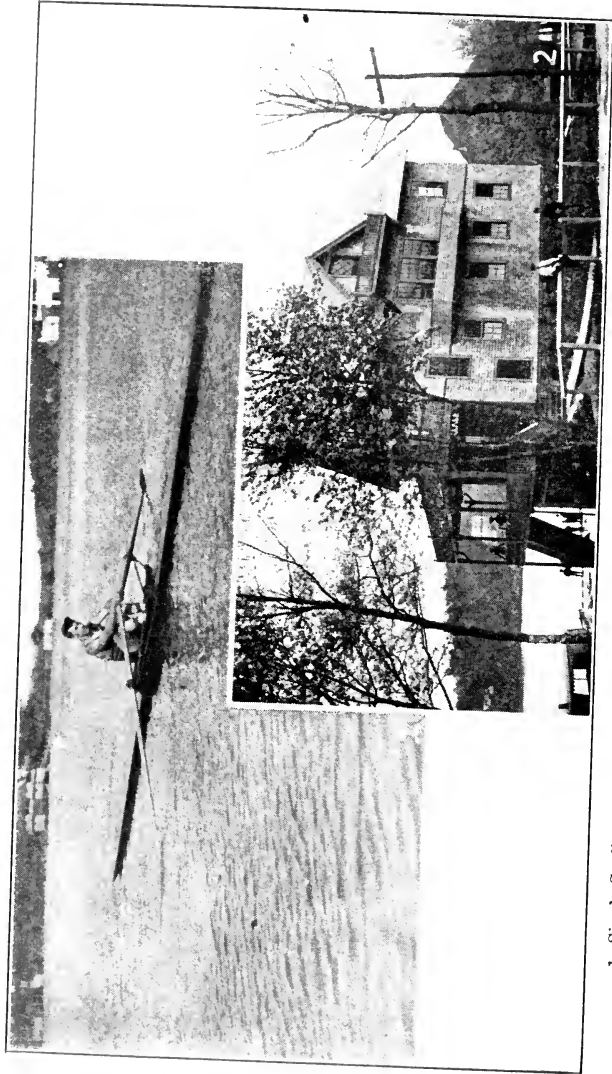
## DISBURSEMENTS.

Contestants' expenses .....	\$ 414.00
Officials .....	78.00
Advertising .....	26.35
Equipment (track, etc.).....	160.40
Printing and signs .....	158.25
Bleachers and chairs.....	137.00
Prizes .....	300.00
Music .....	40.00
Expenses at armory .....	205.64
Award for selling tickets .....	40.00
Miscellaneous .....	37.25
	<hr/>
	\$1,596.89

## SUMMARY.

Gross receipts .....	\$2,065.31
Gross expenses .....	1,596.89
	<hr/>
Net gain .....	\$ 468.42

HERBERT J. HUNN,  
Treasurer.



1—Single Sculls.

2—Boat House.  
LAKE EQUIPMENT, WORCESTER, MASS.

# HOW TO ORGANIZE A SUNDAY SCHOOL ATHLETIC LEAGUE

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JOHN H. SCOTT,

Secretary Brooklyn Sunday School Athletic League.

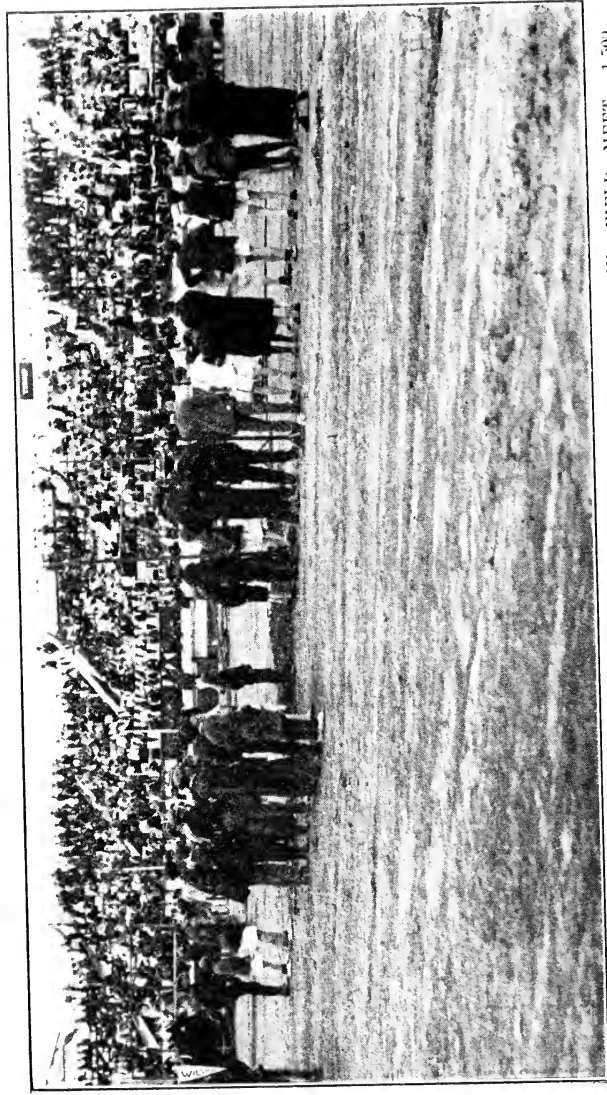
For many years the pastors and Sunday School superintendents of our country have been asking: "How can we interest our boys and young men in the work of the Church and Sunday School, and how can we influence them to live manly and healthy Christian lives?"

This is a great present day problem, and one which is receiving considerable thought. Numerous activities have been undertaken and much has been accomplished. Perhaps the most successful and one which promises to have a great future is the organization of the Sunday School Athletic League now instituted in a score or more cities. And yet this work is in its infancy, although no longer an experiment.

Since the organization of the Brooklyn Sunday School Athletic League, there have been many inquiries regarding the work undertaken and the method of inaugurating it. In view of this, I give the following as suggestive: There may be other methods which may prove equally or more successful as local conditions differ considerably.

## ASSOCIATION PHYSICAL DEPARTMENT TO LEAD.

Surely there is no organization in a better position to bring about the inauguration of this work than the Association, with its trained physical directors and its experience in the supervision of physical training and education. Then, too, it is the servant of the Church, and having had such wide experience it seems to me that it should be held responsible. Again, its relation to all the denominations places it in a position to most naturally assume the leadership. However, no league should be organized unless the churches request it, after the possibilities of such work have been explained. Therefore it is necessary for the physical director of a field to gather all the information he can from cities which have undertaken this work, and arrange to have a conference of the pastors and superintendents in his city, at which time the organization and the need of such



PASADENA (CAL.) Y.M.C.A. GRAMMAR SCHOOLS ANTI-CIGARETTE TRACK AND FIELD MEET. 1,509  
PEOPLE ATTENDED.

may be fully discussed. This is an excellent plan and where it has been done the churches have been greatly impressed, and have requested the Association to assist in plans for organization, and in some cities they have gone so far as to say that they wanted such a league provided the Association would keep related to it and assist in its supervision.

## PRINCIPLES AND OBJECTS TO BE INCORPORATED.

In order that the work may be clearly defined, there should be a general policy and principles upon which to start. Growing from our experience in Brooklyn, the following are given:

The object of the Sunday School Athletic League shall be:

1. To work for the betterment and the enlargement of the Sunday Schools by developing character through athletic contests and by making Sunday School attendance a condition of competition.

2. To maintain a high standard of honesty, courtesy and manliness in athletic sports.

3. To establish scientific physical training in the Sunday Schools.

4. To promote right habits of living and organic vigor.

5. To secure and maintain a genuine amateur basis in Sunday School sports.

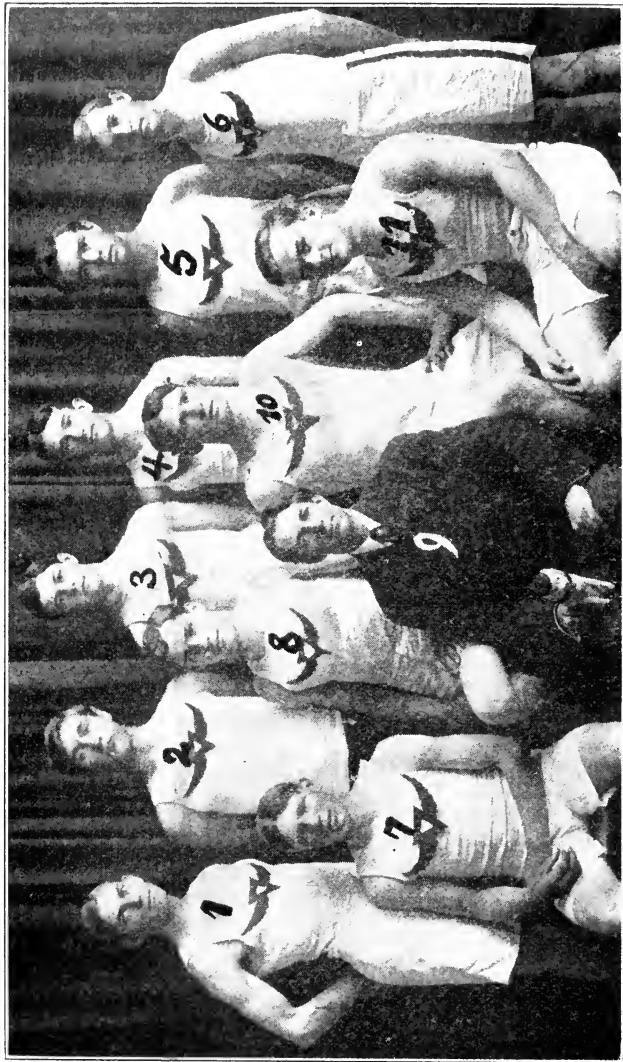
6. To institute, regulate and govern inter-Sunday School gymnastic and athletic meets.

## • OFFICERS AND BOARD OF GOVERNORS.

At the conference of pastors and superintendents it may be decided to form a league, in which case it is well to have the chairman appoint a committee on constitution and by-laws, and one for the nomination of officers. Care should be taken in the officers selected; they should be men of devotion, influence and experience in the supervision of physical work. In addition to the regular officers it is well to have a board of governors, which shall act as an executive body. This board should consist of the officers and several men from the various denominations. Each school should have two carefully selected delegates to represent it in all league meetings, at which officers and members of the board are elected and important business transacted. The secretary of the league, usually the physical director, can keep in touch with all the schools through these delegates.

## REGISTRATION OF ATHLETES.

A registration committee should be appointed, registration blanks printed and a record of all registrations kept. Such blanks



1, Flanders; 2, Murray; 3, Kern; 4, Davis; 5, Thompson; 6, Risdon; 7, Wall; 8, Carns; 9, Braden. Phys. Dir.; 10, Hendricks; 11, Morsereau.

PASADENA (CAL.) Y.M.C.A. TRACK TEAM, 1906-1907.

Phys. Dir.; 10,  
Kohler, Photo.

should be signed by the pastor, superintendent and a physician, as well as the boy, thus assuring the committee that the boy is in good standing in the Sunday School, that he is physically fit for competition and that he will abide by the rules of the league. Such registrations should last one year and may be renewed.

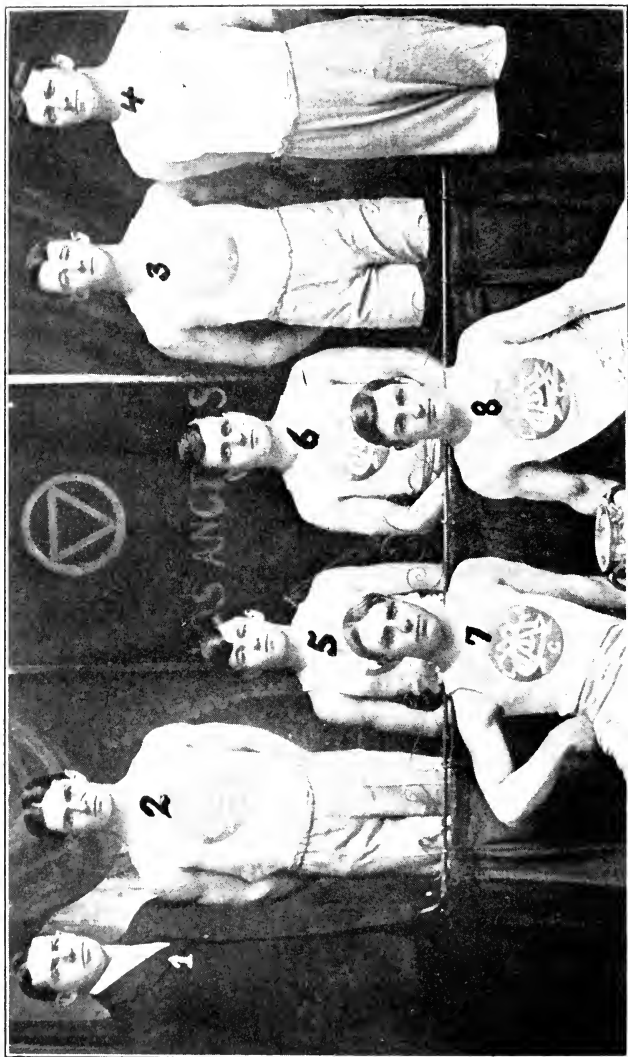
### SECTIONAL COMMITTEES.

Committees should also be appointed to govern the various sections of the work undertaken. These may include the following, with others as the local conditions demand. The chairman of each should be a member of the board of governors.

Track and field athletics, basket ball, base ball, gymnastics, aquatics, foot ball, tennis, bowling, summer camp, standard tests, educational talks on personal hygiene, public health, etc.

### ACTIVITIES OF THE LEAGUE.

I believe the secret of success from the standpoint of the athlete lies in having a very active group of committee men. The boys and young men want something to do. Keep tournaments, games and contests in operation. Enlist the interest of the best boys and men of the community. Stand for pure and honest competition. Have a standard of Sunday School attendance which shall be required of all competitors.



1, Price; 2, Bittman, Capt.; 3, Macready; 4, Monlton; 5, H. Macready; 6, Davis; 7, Perine; 8, Lingstrom, Heath, Photo.

LOS ANGELES (CAL.) GYMNASTIC TEAM, 1907.

Dual Champions Los Angeles and Pasadena.



# SAMPLE BASKET BALL LEAGUE AGREEMENT

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## AMATEUR BASKET BALL AGREEMENT.

The rapid growth of interest in basket ball throughout the country and in \_\_\_\_\_ and the number of teams playing in \_\_\_\_\_, led to a desire to a closer relationship between the teams in our city and was brought to a focus by an article appearing in a local newspaper, which was followed by a call for the meeting held \_\_\_\_\_ 190—. At this meeting, a desire to formulate a league upon "clean sport lines" was manifested, and a committee was appointed to draw up a scheme of organization or agreement and your committee beg leave to present for your consideration and adoption, the following form of agreement:

### I.

The name of the league shall be the \_\_\_\_\_ Amateur Basket Ball League.

### II.

The object of this league shall be to promote interest in the game of basket ball, to afford an opportunity for the playing of the game upon a uniform basis and to govern and control the game along "clean sport lines."

### III.

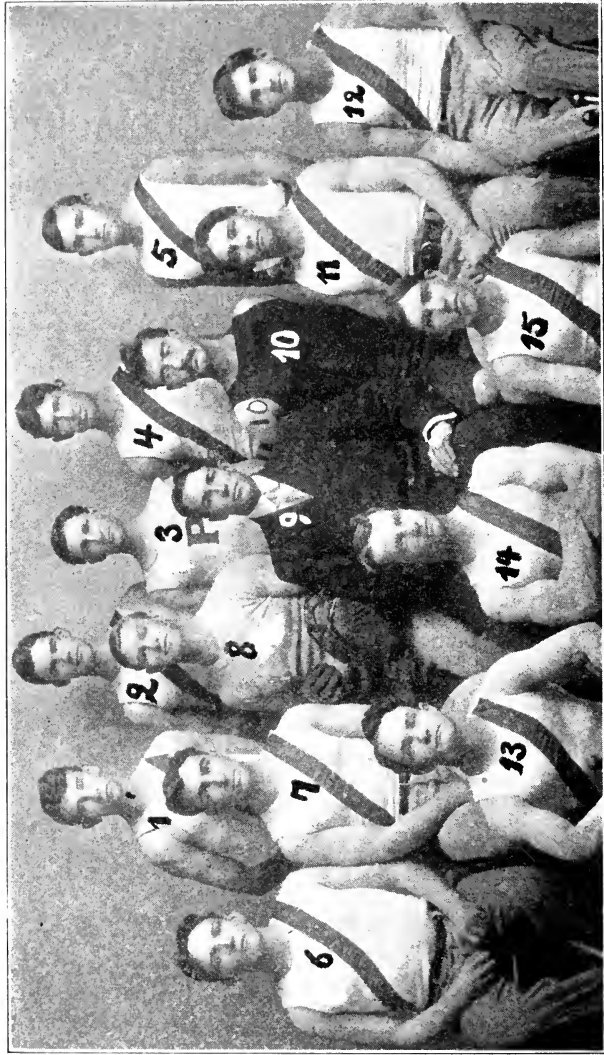
*Form of Government.*—Two representatives from each team signing this agreement shall constitute a board of governors and shall meet once each month at the call of the president to act upon all matters pertaining to this league.

### IV.

The officers of the league shall be a President, Secretary, Assistant Secretary, and Treasurer, and shall serve for one year from date of election.

### V.

The Executive Committee shall consist of the officers and one representative from each team in the league, shall meet weekly.



CALIFORNIA STATE CHAMPION GYMNASTIC TEAM, PASADENA, CAL.

Towne, Photo.

All matters pertaining to the actual management of league games shall be acted upon by this committee.

## VI.

*Conditions Governing League Games.*—(a.) The official A.A.U. rules shall govern all games; (b) every player upon each team must be a registered amateur; (c) all games must be sanctioned; (d) Rule 2, Article 10, of the Amateur Athletic Union rules shall be strictly adhered to; (e) each club must submit in writing to the secretary of the league, a list not exceeding ten players from whom the team shall be chosen, not later than two weeks previous to the opening of the league schedule. Every player must be a member in good standing of the club or organization which his team represents, and must have been a member previous to January 1st.

## VII.

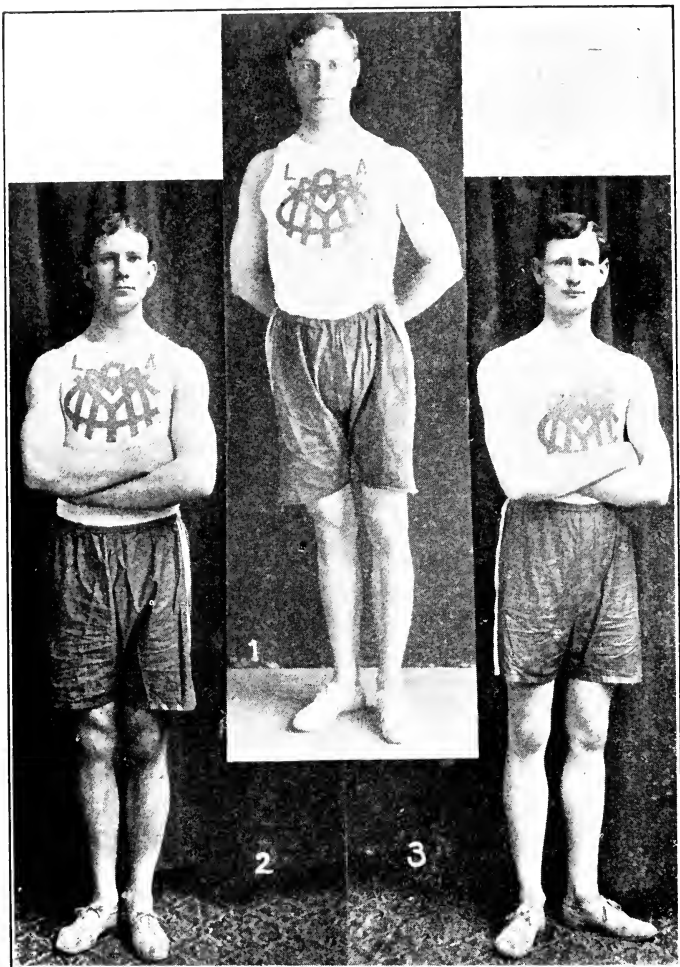
*Officials.*—(a) If possible, the referees and umpires for all league games shall be men who are not indirectly or directly connected or interested in any team in this league, or if this plan is not practicable each team shall submit the names of two men whom they consider capable of acting as officials. The men chosen shall not officiate in any games in which his team competes. The executive committee shall assign the officials one week previous to the game; (b) in order that a uniform interpretation of the rules may be given and understood, it is agreed that a school for the study of the rules be held at least one week previous to the opening of the league schedule at a place and time decided upon by the Executive Committee.

## VIII.

*Forfeit.*—It is agreed that each club post with the treasurer of the league, five dollars (\$5.00) as a guarantee of good faith and assurance that all contracts entered into will be fulfilled. A failure to play two games as per schedule and any violation of these agreements, shall be sufficient cause for forfeiture of the above sum. The Executive Committee shall make all decisions as to the enforcing of this agreement. The forfeit money to be returned to the teams at the close of the league season provided all contracts have been fairly met.

## IX.

*Postponed Games.*—If for any good reason it becomes necessary to postpone a game the captain of the opposing team, and



1—Littlepage, Pacific Section Champion  $\frac{1}{4}$ -mile Potato Race, Time 1m. 45s. 2—Cromwell, Holds the Pacific Section Record in the 12-lb. Shot Put, Distance 44ft. 3—Squire, Holds the National Y.M.C.A. Record in the Fence Vault, Height 7ft.; also Pacific Section Record in the Three Broad Jumps, Distance 31ft. 6in.

LOS ANGELES (CAL.) Y.M.C.A. ATHLETES.

the secretary of the league must be notified in writing at least three days previous to the date of the game scheduled.

### X.

*Gate Receipts.*—It is agreed that the price of admission shall be fifteen cents (15c. and that the receipts shall be divided as follows: Fifty (50) per cent to go to the gymnasium or hall in which the games are played, forty (40) per cent to be divided equally among the teams playing, and ten (10) per cent to the league treasury.

### XI.

No team shall be admitted to this league without signing these agreements and thereby agreeing to live up to them.



L. W. FORBES,  
Athletic League Consul,  
Hamilton, Ohio.



T. H. RUSSELL, 2d,  
Athletic League Consul,  
Boston, Mass.

# A.L.N.A. OFFICIAL LIST

## GOVERNING COMMITTEE.

Frederick B. Pratt, Chairman, Pratt Institute, Brooklyn, N. Y.  
 W. Fellowes Morgan, Vice-Chairman, 5 Bridge Arch, New York, N. Y.  
 George D. Pratt, Treasurer, 33 Union Square, New York, N. Y.  
 George J. Fisher, M.D., Secretary, 3 West 29th Street, New York, N. Y.  
 Frederick B. Barnes, Secretary, 3 West 29th Street, New York, N. Y.  
 A. B. Eckerson, M.D., 136 Stevens Avenue, Mount Vernon, N. Y.  
 Chas. T. Kilborne, 72 Broadway, New York, N. Y.  
 W. M. Kingsley, 40 Wall Street, New York, N. Y.  
 Noah C. Rogers, 31 Nassau Street, New York, N. Y.  
 J. H. McCurdy, M.D., Y.M.C.A. Training School, Springfield, Mass.  
 H. M. Orne, 215 West 23d Street, New York, N. Y.  
 H. M. Hubbard, Central Y.M.C.A., Chicago, Ill.  
 G. B. Affleck, Central Y.M.C.A., Chicago, Ill.  
 G. L. Richards, 131 State Street, Boston, Mass.  
 A. E. Garland, M.D., Y.M.C.A., Boston, Mass.  
 J. J. Pfister, 60 Geary Street, San Francisco, Cal.  
 H. M. Strickler, Y.M.C.A., San Francisco, Cal.  
 W. H. Lewis, Y.M.C.A., Seattle, Wash.  
 A. G. Douthitt, Y.M.C.A., Seattle, Wash.  
 G. B. McConnell, Y.M.C.A., Dallas, Tex.  
 J. Hans Myers, Y.M.C.A., New Orleans, La.  
 G. T. Hepbron, 126 Nassau Street, New York City,

## A.L.N.A. DELEGATES AND ALTERNATES TO A.A.U. OF UNITED STATES.

<i>Delegates.</i>	<i>Alternates.</i>
George D. Pratt.	W. Fellowes Morgan.
George J. Fisher, M.D.	Wm. T. Brown.
George T. Hepbron.	James H. McCurdy, M.D.
Frederick B. Barnes	Albert E. Garland, M.D.

### REPRESENTATIVE ON BOARD.

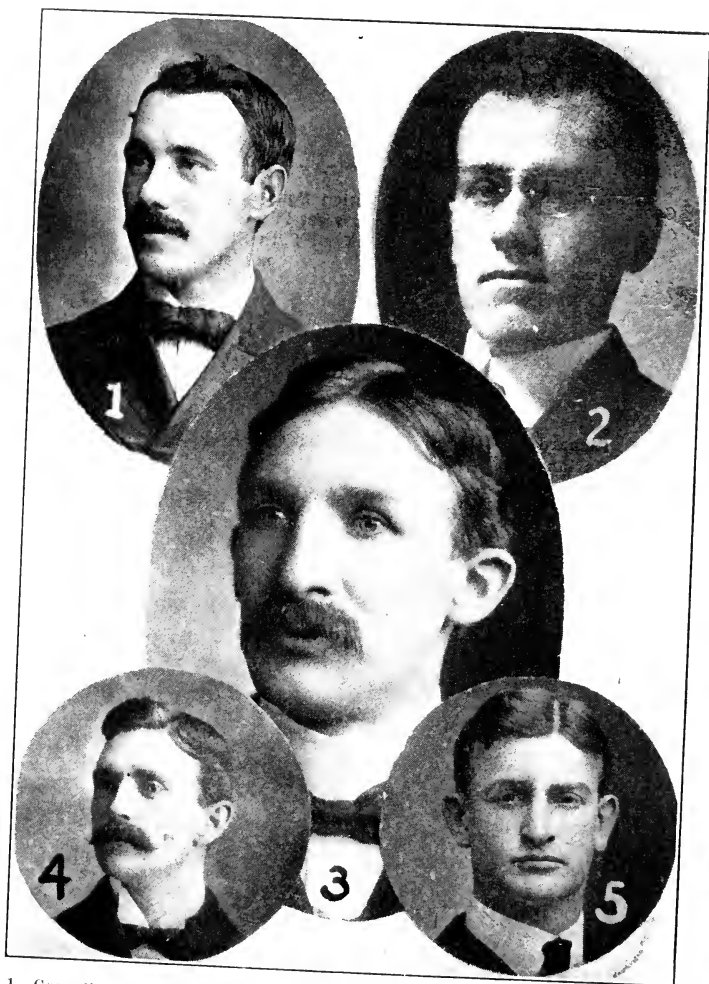
George J. Fisher, M.D.

## DELEGATES AND ALTERNATES TO A.A.U. OF CANADA.

<i>Delegates.</i>	<i>Alternates.</i>
Frederick B. Barnes.	Charles T. Kilborne.
George D. Pratt.	Henry M. Orne.
George J. Fisher, M.D.	A. E. Garland, M.D.

### REPRESENTATIVE ON BOARD.

George J. Fisher, M.D.



1. Geo. C. Bartlett, Jr., Philadelphia, Pa.; 2. A. K. Jones, Indianapolis, Ind.; 3. Dr. Kallenberg, Chicago, Ill.; 4. J. Y. Cameron, Buffalo, N. Y.; 5. J. B. Modesitt, Sioux City, Ia.

A. L. N. A. CONSULS.



# DELEGATE TO THE Y.M.C.A. ATHLETIC LEAGUE OF CANADA.

George J. Fisher, M.D.

## RECORDS COMMITTEE.

Paul C. Phillips, M.D., Amherst College, Amherst, Mass.

Ralph B. Treadway, 22 Fifth Avenue, Chicago, Ill.

Henry M. Orne, 215 West 23d Street, New York City.

## REINSTATEMENT COMMITTEE.

W. Fellowes Morgan, 5 Bridge Arch, New York City.

J. H. McCurdy, M.D., Y.M.C.A. Training School, Springfield, Mass.

George J. Fisher, M.D., 3 West 29th Street, New York City.

## OFFICIAL LIST OF LEAGUE COMMITTEES.

### Central Section

H. M. Hubbard, Chairman, Central Y.M.C.A., Chicago, Ill.

G. B. Affleck, Secretary-Treasurer, 153 La Salle Street, Chicago, Ill.

H. F. Kallenberg, 153 La Salle Street, Chicago, Ill.

George Sellar, 542 West Monroe Street, Chicago, Ill.

S. W. Parr, University of Illinois, Champaign, Ill.

T. G. Pierson, Spencer, Ind.

A. K. Jones, Indianapolis, Ind.

C. J. Hunt, St. Paul, Minn.

C. T. Booth, Minneapolis, Minn.

A. B. Wegener, St. Louis, Mo.

James Ford, Y.M.C.A., St. Joseph, Mo.

M. J. Exner, Kansas City, Mo.

George N. Pinneo, Lincoln, Neb.

C. B. Grainger, York, Neb.

G. M. Martin, Toledo, Ohio.

G. F. Thompson, Cincinnati, Ohio.

G. J. Deleke, Milwaukee, Wis.

A. B. Dale, Evanston, Ill.

J. R. Batchelor, Cedar Rapids, Iowa.

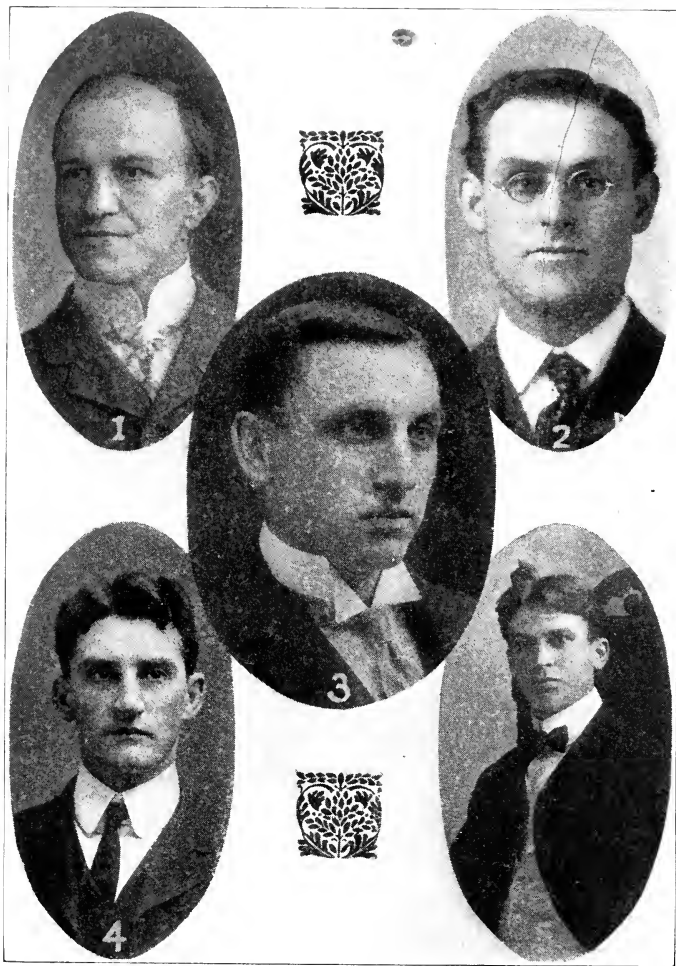
J. B. Modesett, Sioux City, Iowa.

William H. Ball, Detroit, Mich.

## STATE COMMITTEES—CENTRAL SECTION.

ILLINOIS—Dr. H. F. Kallenberg, Chairman, Chicago; A. B. Dale, Evanston; G. B. Affleck, Chicago.

INDIANA—G. T. Pierson, Chairman, Spencer; A. K. Jones, Secretary-Treasurer, Indianapolis. John C. Haswell, Marion; C. B. Coleman, Irvington.



1. C. R. H. Jackson, Scranton, Pa.; 2. A. G. Douthitt, Seattle, Wash.;  
3. William H. Ball, Detroit, Mich.; 4. H. M. Strickler, San Francisco, Cal.;  
5. O. T. Atwater, Pittsburg, Pa.

A. L. N. A. CONSULS.

IOWA—J. B. Modesitt, Chairman, Sioux City; J. R. Batchelor, Secretary-Treasurer, Cedar Rapids; A. R. Hackett, Des Moines; J. T. Maxwell, Keokuk.

MICHIGAN—Wm. H. Ball, Chairman, Detroit; Chas. Morgan, Secretary-Treasurer, Grand Rapids. Harry R. Horton, Kalamazoo.

*Registration Committee*—Henry E. Hulbert, J. Walter Drake, Wm. H. Ball, Detroit.

MINNESOTA—C. J. Hunt, Chairman, St. Paul; C. T. Booth, Secretary-Treasurer, Minneapolis; C. F. Rothfuss, St. Paul.

MISSOURI—A. B. Wegener, Chairman, St. Louis; M. J. Exner, Secretary-Treasurer, Kansas City; A. K. Franklin, Springfield; James Ford, Y.M.C.A., St. Joseph, Mo.

NEBRASKA—George N. Pinneo, Chairman, Lincoln; C. B. Grainger, Secretary-Treasurer, York; J. C. Pentland, Omaha; L. W. Gordon, Chadron.

OHIO—G. M. Martin, Chairman, Toledo. G. F. Thompson, Secretary-Treasurer, Cincinnati; W. H. Kinnicutt, Cleveland; R. T. Pest, Youngstown; George M. Myers, Akron.

WISCONSIN—G. J. Deleke, Chairman, Milwaukee; C. S. Minter, Secretary-Treasurer, Milwaukee; Otto J. Heuffner, Racine.

#### CONSULS.

Dr. H. T. Kallenberg, Central Section.

A. K. Jones, Indiana District.

Wm. H. Ball, Michigan District.

J. B. Modesitt, Iowa District.

L. E. Forbes, Hamilton, Ohio, District.

Geo. M. Pinneo, Nebraska District.

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George T. Hepbrun, Secretary-Treasurer, 126 Nassau Street, New York, N. Y.

F. L. Gross, 189 Montague Street, Brooklyn, N. Y.

F. B. Messing, Rochester, N. Y.

J. W. Crawford, Washington, D. C.

F. C. Benner, Trenton, N. J.

Thomas Cornelius, Central Y. M. C. A., Baltimore, Md.

Morris S. Daniels, 24 State Street, New York, N. Y.

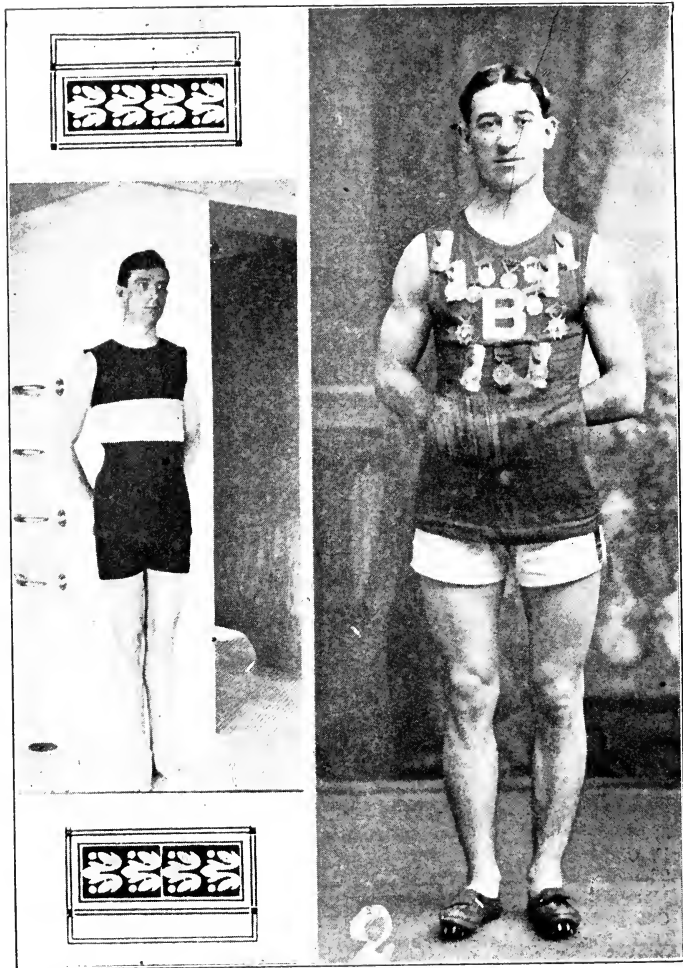
George Henckel, Y.M.C.A., Orange, N. Y.

H. L. Towne, Y.M.C.A., Schenectady, N. Y.

R. E. Weeks, Y.M.C.A., Scranton, Pa.

C. R. H. Jackson, Y.M.C.A., Scranton, Pa.

J. H. Scott, Y.M.C.A., Brooklyn, N. Y.



1—Richard S. Atkinson, Holds National A. L. N. A. Record for Plunge and Under Water Swim; Distance 236ft. 6in. 2—John Mara, Paterson (N. J.) Y. M. C. A., All-round Indoor Champion of New Jersey.

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O. T. Atwater, Pittsburg District.

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A. E. Garland, Secretary-Treasurer, Y.M.C.A., Boston, Mass.

J. H. McCurdy, Training School, Springfield, Mass.

T. H. Russell, 2d, 27 State Street, Boston, Mass.  
 Paul C. Phillips, M.D., Amherst College, Amherst, Mass.  
 P. S. Page, Handicapper, Andover, Mass.  
 A. W. Hale, Y.M.C.A., Boston, Mass.  
 W. H. Davis, Y.M.C.A., Portland, Me.  
 C. A. Coburn, Y.M.C.A., Boston, Mass.  
 A. H. Dayton, Y.M.C.A., Naugatuck, Conn.  
 E. E. Babb, ex-officio member representing A.A.U., Boston, Mass.  
 Dr. C. G. Lang, Y.M.C.A., New Haven, Conn.  
 W. J. Bursaw, Y.M.C.A., Somerville, Mass.  
 J. H. Wilson, New Britain, Conn.  
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#### CONSUL.

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 H. M. Strickler, Secretary-Treasurer, Central Branch, San Francisco, Cal.

Walter Rode, Y.M.C.A., Oakland, Cal.

Fred L. Shaw, Y.M.C.A., San Francisco, Cal.

NORTHERN CALIFORNIA—District Committee—W. L. Seawright, Chairman, Berkeley; Henry Tonges, Secretary-Treasurer, San Francisco; Harry Thorsing, Oakland.

SOUTHERN CALIFORNIA—District Committee—C. H. Price, Chairman, Los Angeles; Kintnor Hamilton, Secretary-Treasurer; LeRoy C. Lowan.

#### CONSUL.

H. M. Strickler, San Francisco, Cal.

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A. G. Douthitt, Secretary-Treasurer, Y.M.C.A., Seattle, Wash.

C. A. Smith, Y.M.C.A., Seattle, Wash.

G. H. Raleigh, Y.M.C.A., Tacoma, Wash.

Harry Booth, Y.M.C.A., Tacoma, Wash.  
 George K. McDowell, Y.M.C.A., Spokane, Wash.  
 A. L. Veazie, Y.M.C.A., Portland, Ore.  
 A. M. Grilley, Y.M.C.A., Portland, Ore.  
 L. M. Myers, Y.M.C.A., Portland, Ore.  
 R. L. Lanning, Everett, Wash.

CONSUL.

A. G. Douthitt, Seattle, Wash.

SOUTHWESTERN SECTION COMMITTEE.

J. Hans Meyers, Chairman, Y.M.C.A., New Orleans, La.  
 J. R. Wing, Secretary-Treasurer, Y.M.C.A., New Orleans, La.

WESTERN SECTION.

CONSUL.

Chas. G. Plummer, M.D., Y.M.C.A., Salt Lake City, Utah.

## ATHLETIC LEAGUE CONSULS

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### CENTRAL SECTION.

Henry F. Kallenberg, 153 La Salle Street, Chicago, Ill.  
Iowa District—J. B. Modesitt, Y.M.C.A., Sioux City.  
Indiana District—A. K. Jones, Y.M.C.A., Indianapolis.  
Michigan District—Wm. H. Ball, Y.M.C.A., Detroit.  
Hamilton, Ohio, District—L. E. Forbs, Y.M.C.A., Hamilton.  
Nebraska District—Geo. M. Pinneo, Lincoln, Neb.

### EASTERN SECTION.

Buffalo District—T. Y. Cameron, Central Y.M.C.A., Buffalo.  
Pittsburg District—O. T. Atwater, P.O. 1134, Pittsburg, Pa.  
Philadelphia District—A. C. Bartlett, Penn. R.R. Y.M.C.A., Philadelphia.  
Pennsylvania District—C. R. H. Jackson, Y.M.C.A., Scranton, Pa.

### NORTHEASTERN SECTION.

Thomas Russell, 2d, 27 State Street, Boston, Mass.

### PACIFIC SECTION.

H. M. Strickler, Y.M.C.A., San Francisco, Cal.

### PACIFIC NORTHWEST SECTION.

A. G. Douthitt, Y.M.C.A., Seattle, Wash.

### WESTERN SECTION.

Chas. G. Plummer, M.D., Y.M.C.A., Salt Lake City, Utah.



# YOUNG MEN'S CHRISTIAN ASSOCIATIONS IN THE ATHLETIC LEAGUE

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## CENTRAL SECTION

### ILLINOIS.

Chicago (Central)	Evanston
Chicago (West Side)	Oak Park
Chicago (Wilson Ave. Dept.)	Peoria
Elgin	Decatur

### INDIANA.

Indianapolis	Terre Haute
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### IOWA.

Des Moines	Mount Pleasant
Fort Dodge	Ottumwa
Keokuk	Sicux City

### KENTUCKY.

Louisville.

### MICHIGAN.

Adrian	Detroit
Allegan County	Grand Rapids
	Kalamazoo

### MINNESOTA.

St. Paul.

### MISSOURI.

Kansas City	St. Louis (Central)
St. Louis (German Branch).	

### NEBRASKA.

Lincoln	Omaha
	York

### OHIO.

Cleveland	Toledo
Dayton	Xenia
East Liverpool	

### WISCONSIN.

LaCrosse	Oshkosh
Milwaukee (Central)	Racine
Milwaukee (Railroad)	

EASTERN SECTION  
DISTRICT OF COLUMBIA.  
Washington.

MARYLAND.  
Baltimore (Central).

## NEW JERSEY.

Camden	Orange
Jersey City (Hudson City Branch)	Passaic
Monmouth County	Paterson
Montclair	Plainfield
Newark	Summit
New Brunswick	Trenton

## NEW YORK.

Albany	New York (Harlem Branch)
Binghamton	New York (Railroad Branch)
Brooklyn (Bedford Branch)	New York (Second Ave. Branch)
Brooklyn (Central)	New York (23d Street Branch)
Brooklyn (Eastern District)	New York (Union Branch)
Brooklyn (Prospect Park)	New York (Washington Hts. Br.)
Brooklyn (26th Ward Branch)	New York (West Side Branch)
Buffalo (Central)	New York (Williamsbridge)
Catskill	New York (Young Men's Institute)
Hudson	Niagara Falls
Jamestown	Rochester
Kingston	Schenectady
Newburgh	Syracuse
New Rochelle	Troy
New York (East Side)	

## PENNSYLVANIA.

Germantown	Pittston
New Brighton	Pottstown
New Castle	Scranton
New Kensington	Sewickley
Norristown	Susquehanna (Erie R.R. Dept.)
Philadelphia (Central)	Tarentum
Philadelphia (Railroad Branch)	Washington
Philadelphia (West Pa. Branch)	Wilmerding
Pittsburg (Allegheny R.R. Dept.)	Ridgway

## NORTHEASTERN SECTION

## CONNECTICUT.

Bridgeport	New Britain
Derby-Shelton	New Haven
Hartford	Waterbury
Meriden	

MAINE.  
Portland.

## MASSACHUSETTS.

Boston  
 Brockton  
 Cambridge  
 Gloucester  
 Haverhill  
 Holyoke  
 Lawrence  
 Lowell  
 Lynn  
 Melrose

Methuen  
 Newton  
 Northampton  
 Pittsfield  
 Quincy  
 Salem  
 Somerville  
 Springfield  
 Westfield  
 Winchester

NEW HAMPSHIRE.  
 Portsmouth.RHODE ISLAND.  
 Providence.

## PACIFIC SECTION

## CALIFORNIA.

Berkeley  
 Los Angeles  
 Pasadena  
 Redlands  
 Riverside

San Francisco  
 San Jose  
 Santa Cruz  
 Stockton

## PACIFIC NORTHWEST SECTION

## OREGON.

Portland

Salem

## WASHINGTON.

Bellingham  
 Everett  
 Hoquiam

Seattle  
 Tacoma

## SOUTHERN SECTION

## ALABAMA.

Birmingham

Nashville

## VIRGINIA.

Newport News  
 Portsmouth

Richmond.

## SOUTHWESTERN SECTION

## ARKANSAS.

Texarkana (Railroad Dept).

## LOUISIANA.

Monroe

New Orleans

TEXAS.  
 Galveston

# CONSTITUTION

## OF THE

### ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA.

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#### ARTICLE I. NAME.

This organization shall be known as "The Athletic League of the Young Men's Christian Associations of North America."

#### ARTICLE II. OBJECTS.

The objects of the League shall be:

SECTION 1. The maintenance of a high standard of Christian morality, honesty, courtesy and manliness in athletic sport.

SEC. 2. The furtherance of Association physical department work.

SEC. 3. The institution, regulation and government of inter-Association gymnastic, athletic and aquatic sports and games of all kinds.

SEC. 4. The securing and maintenance of a genuine amateur basis in Association sport.

#### ARTICLE III. MEMBERSHIP.

Membership in the League shall consist of such Young Men's Christian Associations or branches, entitled to representation in the International Convention, as shall join this League, as provided in the by-laws.

#### ARTICLE IV. GOVERNMENT.

The direction and control of the League shall be placed in the charge of a Governing Committee appointed annually by the International Committee of the Young Men's Christian Association of North America. All the acts of said Governing Committee shall be subject to the approval of the International Committee.

#### ARTICLE V. AMENDMENTS.

No amendments to this Constitution may be made without the approval of the International Committee.

## BY-LAWS

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### SECTION 1. *Spirit of the League.*

The League endeavors to foster clean sport between gentlemen. The following statements express the spirit to be sought and maintained in such sport. It is the privilege and duty of every committee and person connected with the League to embody these principles in his own actions and to earnestly advocate them before others:

(1) The rules of games are to be regarded as mutual agreements, the spirit or letter of which one should no sooner try to evade or break than one would any other agreement between gentlemen. The stealing of advantage in sport is to be regarded in the same way as stealing of any other kind.

(2) Visiting teams are the honored guests of the home team, and all their mutual relationships are to be governed by the spirit which is understood to guide in such relationships.

(3) No action is to be done nor course of conduct pursued which would seem ungentlemanly or dishonorable if known to one's opponents or the public.

(4) No advantages are to be sought over others except those in which the game is understood to show superiority.

(5) Advantage should not be taken of the laxity of officials in interpreting and enforcing rules.

(6) Officers and opponents are to be regarded and treated as honest in intention. When opponents are evidently not gentlemen, and officers manifestly dishonest or incompetent, future relationships with them may be avoided.

(7) Decisions of officials are to be abided by, even when they seem unfair.

(8) Ungentlemanly or unfair means are not to be used even when they are used by opponents.

(9) Good points in others should be appreciated and suitable recognition given.

### SEC. 2. *Sections alphabetically arranged.*

The following divisions of the territory of this League shall be made, these divisions being known as Sections:

CENTRAL; headquarters at Chicago. Ohio, Indiana, Illinois, Missouri, Iowa, Wisconsin, Michigan, Nebraska, Kentucky, Minnesota.

EASTERN; headquarters at New York City. New York, New Jersey, Pennsylvania, Delaware, Maryland, District of Columbia, West Virginia.

NORTHEASTERN; headquarters at Boston, Mass. Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, and Connecticut.

PACIFIC; headquarters at San Francisco. Nevada, Arizona, and California.

PACIFIC NORTHWEST; headquarters at Seattle, Wash. Washington, Oregon, Idaho.

SOUTHERN; headquarters at New Orleans. Virginia, Tennessee, North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi.

SOUTHWESTERN; headquarters at Dallas, Texas. Arkansas, Louisiana, Texas, Indian Territory, Oklahoma Territory.

WESTERN; headquarters at Salt Lake City. North Dakota, South Dakota, Montana, Wyoming, Colorado, New Mexico, Kansas, Utah.

### SEC. 3. *State Divisions.*

Each section shall be subdivided, following the lines of the divisions made by the Association State Committees when practicable.

### SEC. 4. *Districts.*

Each state division may be divided according to a convenient basis for the operation of small leagues. These divisions shall be known as districts.

### SEC. 5. *Committees.*

(1) Section Committees. The direction and control of League matters in each section shall be placed in charge of a Section Committee, appointed annually by the Governing Committee. All the acts of the Section Committee shall be subject to the approval of the Governing Committee.

(2) State Committees. The direction and control of League matters in each state shall be placed in charge of a League State Committee, appointed annually by the Section Committee, subject to the approval of the Association State Committee. All the acts of the League State Committee shall be subject to the approval of the Section Committee.

(3) District Committees. The direction and control of League matters in each district within the state may be placed in charge of a League District Committee, appointed annually by the League State Committee, subject to the approval of the Associa-

tion State Committee. All the acts of the League District Committee shall be subject to the approval of the League State Committees.

(4) Every committee shall send to the committee which appointed it a complete copy of the minutes of its meetings within ten days after such meeting. No action is authoritative until it is so reported.

(5) It shall be the aim of every committee to conserve, as far as possible, the autonomy, authority, and responsibility of the committees which it appoints.

(6) The chairman and secretary of each committee shall be members of the committee which appoints it. They shall have collectively one vote. This shall be cast by the chairman when he is present; otherwise by the secretary.

(7) At least two-thirds, and, whenever practicable, the total membership of every committee shall be active members of local Associations in its territory that are members of the League.

(8) All committees shall be appointed for one year, or until their successors are appointed.

(9) Any committee refusing to act, or acting perversely, may, upon the approval of the Governing Committee, be discharged by the appointing committee, and a new one be appointed to fill out the unexpired term.

(10) No committee shall be held responsible for the financial obligations of any other committee.

(11) No committee shall incur any expense except it has sufficient resources in cash or personal guarantees to cover such expense. Twenty-five per cent. of the amount paid for membership dues from the Associations in each Section shall be available to the Treasurer of that Section for proper expenses of that year this fund to be non-cumulative and be paid only on request of the Section Committee and for the expenses of the current year; also, that it be paid only when a statement of these expenses are sent to the Treasurer of the League on or before February 1st of the following year. The payment of the above is conditional upon the Section Committees sending in at least an annual report of the work performed in their respective sections.

#### CONSULS.

(12) The Governing Committee shall appoint in each Section an individual or individuals who shall have allotted to him or them territory within the territory of said Section and whose duties shall be such as shall be defined by the Governing Committee, and who shall act as a representative of the Governing Committee with power to grant cards of registration and to

grant sanctions and to disqualify athletes, and in case of disqualifications to investigate and try the suspected athlete and report such findings to the Governing Committee for final action, and to register competent officials for basket ball and other games.

He shall not have the power to reinstate disqualified athletes without the consent of the Governing Committee.

A. Registration cards shall be furnished by the Governing Committee containing the signature of the secretary of the Athletic League, and when issued shall be countersigned by the representative issuing them. The card shall also bear the name of the section in which the ticket is issued and an official number. Registration blanks and sanction blanks shall also be furnished by the League, and office supplies.

B. The representative shall be known as the Athletic Consul and shall be appointed by the Governing Committee, and by virtue of his office shall be a member of the Section Committee.

He shall be appointed without reference to a definite term of office and the Governing Committee reserves the right to abolish the office without preliminary notice.

C. The Athletic Consul shall make bi-monthly reports to the Governing Committee of the League and the secretary of the Section Committee which shall include a list of the names and numbers of athletes registered during the month, the sanctions issued, the expiration of cards of registration, and athletes disqualified. He shall also render a bi-monthly financial statement. A duplicate copy of the bi-monthly reports shall be forwarded to the secretary of the Section Committee of his territory. He shall forward promptly such additional reports as may be requested of him by the League. He shall sustain a friendly and cooperative relation to the chairman of the registration committee of the A.A.U. in his district, and shall report to him immediately the suspension of athletes in his territory, and shall also sustain the suspensions and disqualification of the A.A.U.

D. *Financial.*—For each athlete registered he shall receive ten cents for office expenses; fifteen cents shall be forwarded to the League office of which ten cents shall be paid to the A.A.U. as per agreement in the terms of alliance. If the expenses exceed the income, he may be reimbursed by the secretary of the committee which he represents.

The bookkeeping involved in the duties of the office shall be accorded prompt attention. Registrations and sanctions shall be issued without delay. All printed matter and office supplies shall be furnished by the Governing Committee.

During the absence from his post of duty the Athletic Consul



shall provide for an alternate who shall be given power to act upon approval by the Governing Committee of the League.

SEC. 6. *Admission to Membership.*

(1) Associations will not be eligible to membership while conducting professional sports or games.

(2) Any Association eligible to membership will be admitted upon written application (on form provided) to the secretary of the Governing Committee, accompanied by membership fee. (See Article 3 of the Constitution.)

(3) Membership of Associations in cities having a metropolitan plan of organization.

(a) Those Associations having a metropolitan plan of organization, desiring to do so, may join the League as a single association with fee equal to the combined fees of the branches doing physical work.

(b) The League's relation shall be to the general office of such organization and not to the individual branches, except when such branch enters into competitive relations with Associations or organizations not included in the said metropolitan organization.

(c) In competitive relations with other Associations or organizations not included in the metropolitan plan, each branch shall act as an individual association and shall be subject to the rules governing individual associations.

(4) A county organization of Young Men's Christian Associations may join the Athletic League as a single association upon the payment of a single fee to include all associations without gymnasiums, and an additional fee for each association with a gymnasium.

The League's relation shall be to the general office of such organization and not to the individual associations except when such associations enter into competitive relations with associations or organizations not included in the County organization of which they are a part.

In competitive relations with other associations or organizations not included in the County organization of which they are a part, each association shall be subject to the rules governing individual associations.

In open games each association shall compete as a unit and not as a county organization.

SEC. 7. *Fees.*

(1) The membership fee shall be five dollars, payable in advance, and shall constitute the first year's dues.

(2) The annual dues shall be five dollars, payable at the beginning of each year of membership.

(3) The membership fee shall accompany the application for membership.

(4) Failure to pay the annual fee on or before one year and one month from the entrance of any Association into the League shall be considered a withdrawal from the League, and a renewal of membership shall be given only on the basis of new membership.

#### SEC. 8. *Expulsions, Suspensions, Etc.*

(1) Any Association a member of this League violating the constitution or by-laws of the League shall be expelled or suspended from membership by the Governing Committee, and, if expelled, shall not be eligible for renewal of the same for one year.

(2) Any Association a member of this League that may withdraw, be suspended or expelled from the League shall return to the proper committee any emblems or trophies that may be in its possession, but have not become its permanent property.

(3) Associations or branches or individuals may be suspended from participation in track and field athletics and all games held under sanction of this League, for periods not to exceed one year, for ungentlemanly, unsportsmanlike or discourteous conduct or playing.

(4) Individuals competing in unsanctioned games disqualify themselves from further competition until reinstated.

(5) Individuals competing with or against unregistered men disqualify themselves from further competition until reinstated.

(6) Individuals competing without registration suspend themselves from further competition until reinstated.

(7) Sunday Games. No individual who, while a member of an Association in this League, shall participate in public athletic games on Sunday, shall be eligible to compete in games held under League sanction for one year. If he is a member of an Association not in the League but is registered in the League his card shall be cancelled.

#### SEC. 9. *Reinstatement, Etc.*

(1) No individual who at any time since the organization of either the Amateur Athletic Union or the Association Athletic League has knowingly become a professional shall be reinstated as an amateur.

(2) No application for full amateur status shall be entertained unless the applicant shall have abstained from all professional conduct for at least two years.

SEC. 10. *Conditions of Competition.*

(1) Associations must have been members of the League for not less than thirty days to make entry for championship or record events.

(2) Individuals representing Associations in competition or for record must be amateurs and registered in the League. They must be *bona fide* full members of Associations which they represent, and have been such for not less than thirty days preceding the event entered.

(3) No individual will be permitted to represent any Association in which his membership is in arrears.

(a) Individuals joining on the partial payment plan shall not be eligible to represent the Association until entire membership fee has been paid.

(4) No member of an Association in the League shall be allowed to represent that Association if he has within one year represented any other affiliated organization, excepting educational institutions, unless the consent of that organization be secured in writing, in which case 90 days must have elapsed since he represented the Association or organization from which he has been released.

(5) Any person receiving compensation for services performed in any capacity in an Association will be ineligible to represent that Association under the rules of the A.L.N.A. until he shall have permanently abandoned such employment.

(6) Protests.—Protests affecting the right of any athlete to compete in an Athletic League championship meeting must be made to the chairman of the committee in charge of the championship one week before the championship meeting is held, and in case of protests the championship committee shall hold a meeting the night preceding the championship and if possible pass upon the athlete's right to compete. The committee shall have absolute power to reject any entry and the committee shall also have power to allow an athlete to compete under protest pending trial by the Registration Committee of the section that is affected.

(7) Novice.—An athlete shall be considered a novice in each of the following classes until he shall have won a prize in a competition in that class open to members of two or more clubs, namely—running events, weight events, jumping events.

(8) The winning of such a prize shall prevent his future competition as a novice in that class, although his entry may have been made before he lost his standing as a novice.

(9) It shall be the duty of the clerk of the course to prohibit any contestant who is not clothed from the shoulders to the knees from starting in any event.

(10) Sanctions.—All competitive meets held by Associations in the League where members from more than one Association or organization compete must be sanctioned by the Governing Committee of the Athletic League.

Sanctions are issued by Section and District Consuls or by the Athletic League secretaries, 3 West Twenty-ninth street, New York City.

(a) Sanctions are granted without charge to Associations that are members of the League.

(b) Sanctions for meets other than basket ball will only be issued to League members.

(c) When a sanction has been granted for a meet which it becomes necessary to postpone, another sanction will be necessary for new date.

(d) Basket Ball Sanctions. Yearly basket ball sanctions are issued to members of the League without charge.

(e) Associations not members of the League may secure yearly sanctions under the following conditions:

(1) Issued to cover the Basket Ball season, October 1 to June 30.

(2) To members of the Y. M. C. A. Athletic League sanctions are granted without charge; to other associations a fee of \$2.00 will be charged. If issued after March 1 the charge will be \$1.00.

(3) This sanction is void if individuals on team receiving same are not registered, or if the game played is not sanctioned or individuals registered either in the Y. M. C. A. Athletic League or A. A. U.

(4) Associations making application for annual basket ball sanctions must give the name of the team or teams and the names of the players and substitutes on each team for which sanction is desired.

(5) Rules governing games are to be found in the current Official Basket Ball Guide and Y. M. C. A. Athletic League Hand Book.

(6) The recipient of this sanction is requested to mail, not later than the following day, a duplicate record of the score of the game or games to the section or district consul who issued the sanction, or to the League office. Basket ball score sheets will be sent with each sanction or they may be had upon application to the section or district consul or the League office.

(7) In announcing games state "held under sanction of Y. M. C. A. Athletic League."

(8) The granting of future sanctions will depend upon the adherence to the above conditions.

NOTE.—When meets are being planned in cities where organizations other than Associations may hold such meets, some agree-

ment should be entered into with the officials of the Amateur Athletic Union regarding the selection of dates.

NOTE.—In applying for sanctions conflicting dates with other organizations should be avoided, because two or more meets on the same date in the same territory usually results in diminished interest and financial loss to one or both.

NOTE.—The League, by its affiliation with the Amateur Athletic Union, may hold open meets under its own sanction without paying \$10.00 to that body for its sanction or jeopardizing the status of men entered. The Association, by arranging conflicting dates, may cause the A. A. U. to cancel its affiliation with the League.

NOTE.—The Governing Committee will use its discretion in granting sanctions for dates conflicting with games to be held by an organization which has been granted an A. A. U. sanction.

#### (10) *Registration.*

(a) Individuals representing Associations in competition and for record must have been registered in the League before the performance. Novices shall be required to register. The registration card expires with membership in the Association.

(b) The applicant for registration must be recommended by the General Secretary or Physical Director of his Association as being in suitable physical condition.

(c) In all cases the proper blanks must be filled out by the applicant, properly indorsed by either the Secretary or Physical Director, and forwarded to the Secretary of the League or the Section or District Consul, accompanied by the fee of 25 cents. He will register the man and give him a number and ticket, good for one year from date punched in ticket, except where the membership in the Association expires before the date of expiration punched in card. See paragraph (a) last clause.

(d) Associations not in the League may register their men as do the Associations in the League.

(e) Athletic League registration cards will be honored in A. A. U. games and *vice versa*.

#### (11) *Official Programme.*

Both the registration and competitor's number must be printed on the official programme. The absence of such number on the entry blank is sufficient reason for refusing said entry. Marked programme must be sent to the Secretary of the League or Consul immediately after the games. Further sanctions will depend upon the compliance with the whole of the above rule.

#### (12) *District Meets.*

District groups of Associations in the League may invite teams

representing bodies not members in the League to join them in competition. Such teams may win the competition, but cannot win the Association district championship or trophy. They do not become members of the League.

(13) *Bicycle Racing.*

When bicycle races are held in which only members of one or more Young Men's Christian Associations are entered, the Athletic League sanction is sufficient. When other than members of Young Men's Christian Associations are entered National Cycling Association sanction is required. Individuals entering races held under League sanction must be registered with the League. League registration is not good when races are held under N. C. A. sanction, and *vice versa*.

SEC. II. *Amateur Definition.*

(1) An amateur is a person who has never competed in an open competition, or for money, or under a false name, or knowingly with a professional for a prize, or with a professional where gate money is charged; nor has at any time taught, pursued as a means of livelihood, or assisted at athletic exercises for money, or for any valuable consideration. But nothing in this definition shall be construed to prohibit the competition among amateurs for medals, etc. (See prizes.)

To prevent any misunderstanding in reading the above, the League draws attention to the following explanation and adjudications:

(A) An athlete has forfeited his right to compete as an amateur, and has thereby become a professional by

(a) Ever having competed in an open athletic or gymnastic competition; that is, a competition, the entries to which are open to all irrespective as to whether the competitors are amateurs or professionals, and whether such competition be for a prize or not.

(b) Ever having competed for money in any athletic or gymnastic exercise.

(c) Ever having competed under a false name in any athletic or gymnastic exercise.

(d) Ever having knowingly competed with a professional for a prize, or with a professional where gate money is charged in any athletic or gymnastic exercise.

(e) Ever having pursued as a means of livelihood any athletic or gymnastic exercise.

(f) Ever having directly or indirectly sold a prize.

(g) Directly or indirectly receive payment for services rendered in any capacity at any professional exhibit or contest of any athletic or gymnastic exercise whatsoever.

(B) An athlete shall forfeit his right to compete as an amateur, and shall thereby become a non-competing amateur if he shall

(a) Directly or indirectly receive payment for training, or coaching any other person in any athletic or gymnastic exercise.

(b) Directly or indirectly receive payment for services rendered in teaching any athletic or gymnastic exercise.

(c) Directly or indirectly receive payment for services, rendered as an official, or in any other capacity at any exhibition or contest of any athletic or gymnastic exercise whatsoever.

NOTE.—Nothing herein shall be construed to prohibit the acceptance by any amateur of his necessary traveling expenses incurred as referee, judge, umpire, scorer, or starter, in going to and from the place of any amateur contest.

(d) Directly or indirectly run, manage, or direct for prospective personal profit, any exhibition or contest.

(C) An amateur shall not forfeit his right to compete as an amateur, and shall not become a professional, by

(a) Receiving compensation for services rendered as ticket taker or ticket seller at any contest or exhibition of amateur athletics or gymnastics.

(b) Receiving compensation as editor, correspondent, or reporter of or contributor to any sporting, athletic, or other paper or periodical.

(c) Running, managing, or directing, for prospective profit, any sporting, athletic, or other paper or periodical.

(d) Receiving compensation for services personally rendered as official handicapper, under the direction and authority of any amateur athletic or gymnastic association, a handicapper shall be ineligible to compete during the tenure of his office as handicapper.

(e) Receiving from a club or association of which he is a member the amount of his expenses necessarily incurred in traveling to and from the place of any amateur contest.

(f) Nothing in this rule shall be so construed as to make a man a professional who has played on a college or Association team, composed wholly of amateurs, against a team, composed wholly of professionals, except in basket ball.

(2) Reinstatements, expulsions, and suspensions may be made by the Governing Committee only.

(3) Permanent handicappers may be appointed by the Section Committees, subject to approval by the Governing Committee.

(4) It shall be the duty of official handicappers to keep books containing the names and performances of all registered athletes in their sections, and to handicap all handicap games or events. These books shall be the property of the Governing Committee.

No entry shall be handicapped on the day of the games. Five cents for each separate entry shall be charged. The total number of entries in all handicap events added together shall determine the number of entries, each name in each event counting separately. All fees for handicapping must be paid to the handicapper before he delivers the handicaps.

### SEC. 12. *Prizes.*

(1) No money prize shall be given. No prizes shall be given by any individual, committee or association, or competed for or accepted by any athlete, except suitably inscribed wreaths, diplomas, banners, badges, medals, timepieces, mantel ornaments, or articles of jewelry, silverware, table or toilet services, unless authorized by the Governing Committee of the League.

(2) No individual prize shall be given representing over fifteen dollars in value unless authorized by the Governing Committee of the League.

(3) Team championship emblems shall be the property of the Association, not of the men winning them.

### SEC. 13. *Athletic Records.*

(1) Records of the best performances in the following list of events will be accepted under the conditions specified at the end of the list.

## A. OUTDOOR EVENTS.

### RUNNING.

50 yards dash.	300 yards run.
75 yards dash.	440 yards run.
100 yards dash.	880 yards run.
150 yards dash.	1320 yards run.
200 yards dash.	1-mile run.
220 yards dash.	2-mile run.
5-mile run.	
120-yards hurdle (10 flights, 3 ft. 6 in. hurdles).	
220-yards hurdle (10 flights, 2 ft. 6 in. hurdles).	
880 yds. relay race (4 men to compete, each to run 220 yards).	
1-mile relay race (4 men to compete, each to run 440 yards).	

### JUMPS.

Standing broad jump.	Standing high jump.
Two standing broad jumps.	Running high jump.
Three standing broad jumps.	Running broad jump.
Standing hop, step and jump.	Pole vault for height.
Pole vault for distance.	



## WEIGHTS.

8 lbs. shot put.	12-lb. hammer (with turn).
12 lbs. shot put.	16-lb. hammer.
16 lbs. shot put.	Throwing discus, free style.
12-lb. hammer (without turn).	*Throwing discus, Greek style.

\*NOTE.—See Rules on page 165.

## SWIMMING EVENTS.

20 yards swim.	200 yards swim.
25 yards swim.	220 yards swim.
50 yards swim.	300 yards swim.
75 yards swim.	440 yards swim.
100 yards swim.	880 yards swim.
	1-mile swim.

Standing plunge for distance.

Plunge and underwater swim for distance.

Relay racing.

Water polo.

## SKATING EVENTS.

100 yards.	440 yards.	1 mile.
220 yards.	880 yards.	2 miles.
300 yards.	1000 yards.	5 miles.
	Figure skating.	

## B. INDOOR EVENTS.

## RUNS.

20 yards dash.	880 yards run.
40 yards dash.	1320 yards run.
50 yards dash.	1-mile run.
60 yards dash.	2-mile run.
75 yards dash.	1-mile relay run (4 men).
100 yards dash.	2-mile relay run (4 men).
220 yards dash.	$\frac{1}{4}$ -mile potato race.
300 yards dash.	8 potato race.
440 yards run.	Relay potato race.

## JUMPS.

Standing broad jump.

Two standing broad jumps.

Three standing broad jumps.

Standing hop, step and jump.

Standing high jump.  
 Running high jump.  
 Running high jump from spring board.  
 Running broad jump.  
 Running high dive.  
 Running high dive from springboard.  
 Running long dive.  
 Fence vault.  
 Pole vault.  
 Ring vault.  
 Rope vault.  
 Running high kick.  
 Running hitch and kick.  
 Double kick.  
 Snap under bar for distance.  
 Snap under bar for height.

#### WEIGHT EVENTS.

8 lbs. shot put.      12 lbs. shot put.      16 lbs. shot put.

#### SPECIAL.

18-foot rope climb.

#### SWIMMING EVENTS.

Same as for outdoor events.

(2) All records must be made at open games (that is, where men from two or more associations are entered) held by Associations holding membership in this League, and under the rules and sanction of the League. Telegraph meets are not open meets. Certified scores on the official blank must be sent to the Secretary of the Governing Committee, 3 West Twenty-ninth street, New York City.

Blanks will be furnished by the Governing Committee. These records will then be filed and published as the records of that Association.

The best in each district shall be the District records; the best in each State, the State records; the best in each section, the Section records; the best on record shall be the American record. Indoor running records must specify the number of laps to the mile of the track on which the record was made. No performance which record is of time shall be accepted as a record unless timed by at least three official timekeepers; and no performance which record is of distance or height shall be accepted unless

measured by at least three field judges. The Governing Committee shall investigate every performance to which their attention is called, and shall be empowered in their discretion to reject any record.

(3) Each applicant for a League record must be registered in the League before the event in question is performed.

(4) The conditions of competition must have been complied with, both by the individual and the Association of which the individual is a member. See Section 10.

The Association must have been a member of this League not less than thirty days (see by-laws, sec. 10).

The games must be held under sanction of the League.

(5) *Individual Championships.* Committees shall make arrangements for championships in their territory in such events and at such times and places as they may deem wise.

(6) *Athletic Team Championships.* In competitions between Associations in outdoor events, the League recognizes that Association as champion whose team scores the greatest number of total points, 5 being given to the first in each event, 3 to second, and 1 to third.

Certified score must be sent by the Secretary of the committee under whose auspices the games were held to the Secretary of the Governing Committee. Athletes must all have qualified. Conditions outlined in section 10 of these by-laws shall have been complied with.

(7) *All Round Champions.* The League will recognize District, State, Section and American championships in the Pentathlon. The score must have been made at games duly sanctioned by the League and held in conformity to the official Pentathlon rules of the Governing Committee. Duly certified score must be sent to the Secretary of the Governing Committee, on special blanks which he will furnish. Championship Pentathlon certificates will be issued duly signed if a fee of 25 cents (the price of certificate) accompanies the request.

#### SEC. 14. *Amendments.*

Amendments to these by-laws may be made by the Governing Committee only. No action can be taken at a meeting of the Governing Committee involving a change in the by-laws unless 30 days' notice be given to the secretary of the League by those proposing such change and that one week's notice be given by the secretary to the Governing Committee.

APPLICATION FOR RECORD  
ATHLETIC LEAGUE  
(OF THE  
YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH  
AMERICA

3 West 29th Street, New York.

NOTE.—All applications for records must be signed by either three field judges, three measurers or three official timers and the referee. Each official signing must be sure that all measurements are accurate and that sections 11 and 13 of the By-laws of the Athletic League are fully complied with.

Record applied for

American Indoor (Event).....  
American Outdoor       ".....  
.....Section Indoor       ".....  
.....Section Outdoor       ".....  
Competitor's name.....Registration No....  
Member of.....Association.  
Date of competition.....  
Where held (city or field).....  
Time.....Distance.....Height.....  
Present record (National).....Section.....  
Sanction No.....  
The track measures.....number of laps to the mile  
Length of swimming pool.....  
Was the special rule for this event (Rule No.....)  
complied with?.....  
Condition of Track.....Weather.....  
Remarks .....

I personally know that all of the above statements are correct.

(Signed).....acting as.....  
address .....

(Signed).....acting as.....  
address .....

(Signed).....acting as.....  
address .....

(Signed).....(Referee)  
address .....

This application for record is approved by:

.....Date.....  
.....".....  
.....".....  
.....} Records  
.....} Committee.

# NATIONAL A. L. N. A. RECORDS

Below will be found a complete list of indoor and outdoor records which have been passed upon by the Records Committee of the Leagues and adopted by the Governing Committee. For the sake of comparison the AMERICAN AMATEUR RECORDS are given in the right hand column.

All the Section Records follow, together with the National A. L. N. A. records, for comparison. A glance at the Section Records reveals the fact that some Sections have made little effort to establish records. It is hoped that a special effort will be made by each Section to establish a record in all of the events listed on pages 82-84.

On page 86 will be found a sample of the new Application for Record Blank, which may be had upon application to the Section or District Consuls or from the Athletic League Office, 3 West Twenty-ninth Street, New York City.

The by-laws relating to the making of records are Section 13, clauses 1-4, page 82.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
40 Yards Run.....		4 4-5s.	James Horner, Grand Rapids, Mich.	4 2-5s.
50 Yards Run.....	5 3-5s.		B. G. Leake, Fort Worth, Tex.	5 2-5s.
75 Yards Run.....		9s.	Carl H. Buenzle, Scranton, Pa.	7 3-5s.
100 Yards Run.....	{ 10s.	11 1-5s.	C. W. Svenson (Central), Chicago, Ill. Paul Seidenstricker, Buffalo, N. Y.	9 3-5s.
220 Yards Run.....	{ 22s.	26 4-5s.	N. J. Cartmell, Louisville, Ky. (Paul Seidenstricker (Cent.) Buffalo, N. Y. (G. M. Cassenas (23d St.), N. Y. City.	21 1-5s.
440 Yards Run.....	{ 52 3-5s.	58s.	E. M. Tourtelot (Central), Chicago, Ill. F. W. Cardis (23d St.), N. Y. City.	47 4-5s.

## NATIONAL A. L. N. A. RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
880 Yards Run.....	{2m. 3 1-5s.	2m. 10s.	Harry Coates, Newark, N. J. E. A. Kelley (23d St.), N. Y. City.	1m. 53 2-5s.
Three-quarter-mile Run.....		3m. 52 2-5s.	Harry Monroe, New Orleans, La.	3m. 4 2-5s.
One Mile Run.....	{4m. 38 4-5s.	4m. 45 3-5s.	H. J. Buechler (Central), Chicago, Ill. H. J. Buechler (Central), Chicago, Ill.	4m. 15 3-5s.
Two Miles Run.....	10m. 19 3-5s.		A. A. Haigh (Central), Chicago, Ill.	9m. 27 4-5s.
120 Yards Hurdles (3ft. 6in. high)..	16 1-5s.		W. T. Fishleigh, Ravenswood, Chicago, Ill.	15 1-5s.
220 Yards Hurdles (2ft. 6in. high)..	27 3-5s.		W. T. Fishleigh (Ravenswood), Chicago, Ill.	23 3-5s.
Quarter Mile Potato Race .....		1m 40s.	J. E. Peters (Central), Chicago, Ill.	1m. 40s.
Standing Broad Jump.....	{10ft. 8 3-4in.	10ft. 3 1-4in.	C. M. King, Dallas, Tex. N. R. Shubert, New Orleans, La.	11m. 4 7-8s.
Two Standing Broad Jumps.....		21ft. 3 1-4in.	David Lane, Bridgeport, Conn.	21ft. 3 1-4in.
Three Standing Broad Jumps....	{33ft. 9in.	32ft. 11 1-2in.	C. M. King, Dallas, Tex. J. A. Macdonald, Melrose, Mass.	35ft. 8 3-4in.
Standing High Jump .....	{4ft. 10in.	4ft. 10 1-8in.	C. M. King, Dallas, Tex. F. M. Diehl (Central), Buffalo, N. Y.	5ft. 5 1-4in.
Standing Hop, Step and Jump....		28ft. 7 1-2in.	R. O. Best, Buffalo, N. Y.	30ft. 3in.
Running Hop, Step and Jump.....	41ft. 7in.		C. W. Svenson (Central), Chicago, Ill.	48ft. 6in.
Running High Jump.....	{5ft. 8in.	5ft 10 1-4in.	{Daniel Reuss (Central), Brooklyn, N. Y. {L. D. Parmelee, Albany, N. Y. David Davies, Cincinnati, Ohio	6ft. 5 5-8in.
Running Broad Jump.....	{12ft. 11 1-2in.	18ft. 10 1-2in.	W. T. Fishleigh (Ravenswood), Chicago, Ill. Wm. Wicks, Scranton, Pa.	24ft. 7 1-4in.

# NATIONAL A. L. N. A. RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN AMATEUR RECORDS
Running High Dive .....		6ft. 1 3-4in.	Walter McNaughton, Plainfield, N. J.	7ft. 10in.
Running High Jump from Springboard		7ft. 10in.	A. T. Robinson (Central), Brooklyn, N. Y.	8ft. 6 1-2in.
Running High Dive from Springboard		8ft. 6 1-2in.	Chas. Stewart, San Francisco, Cal.	14ft. 8in.
Running Long Dive.....		14ft. 8in.	Louis Killian, Orange, N. J.	9ft. 8in.
High Kick.....		9ft. 3 3-4in.	O. H. Ronney, Aurora, Ill.	9ft. 1in.
Hitch and Kick.....		9ft.	Chas. H. Toothaker (Central), Phila., Pa.	8ft. 1 3-4in.
Double Kick.....		8ft. 1 3-4in.	F. C. Crane, Aurora, Ill.	7ft. 3 3-4in.
Fence Vault.....		7ft.	R. E. Squire, Los Angeles, Cal.	12ft. 4 7-8in.
Pole Vault for Height.....	{ 11ft. 1 7-8in.	10ft. 7 3-4in.	C. M. Coe, Springfield, Mass. R. W. Albertson (Central), Chicago, Ill.	2 3-5s. 55ft. 2in.
Rope Climb (18 feet).....	{ 46ft. 61-4in.	4 3-5s.	R. O. Best (Central), Buffalo, N. Y.	49ft. 6in.
Putting 12-lb. Shot.....	{ 38ft. 2in.	48ft. 9 3-4in.	A. B. Gunn (Central), Buffalo, N. Y. C. H. Robinson, Boston, Mass.	187ft. 9in.
Putting 16-lb. Shot .....	{	41ft. 10 1-2in.	W. H. Stevenson, Cincinnati, O. Arthur P. Stipp, Scranton, Pa.	12s.
12-lb. Hammer (without turn).....	115ft. 10in.		F. H. Brigham, Worcester, Mass.	19 3-5s.
12-lb. Hammer (with turn).....	123ft. 5in.		A. B. Gunn, Buffalo, N. Y.	41 3-5s.
25 Yards Swim.....		13 1-5s.	C. H. Bruntton (23d St.), N. Y. City.	56s.
50 Yards Swim.....		29s.	Raymond L. Smith, Newark, N. J.	2m. 33 1-5s.
75 Yards Swim.....		46 4-5s.	Raymond L. Smith, Newark, N. J.	32of.
100 Yards Swim.....		1m. 5 2-5s.	Geo. South (23d St.), N. Y. City.	
220 Yards Swim.....		3m. 7 2-5s.	John Manley (23d St.), N. Y. City.	
Plunge and Swim Under Water....		236ft. 6in.	R. S. Atkinson (Bedf'd Br.), B'klyn, N. Y.	

## SECTIONAL RECORDS

## CENTRAL SECTION RECORDS.

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
40 Yards Run.....		4 4-5s.	Jos. Horner, Jr., Grand Rapids, Mich.	4 4-5s.
100 Yards Run.....	10s.		C. W. Svenson, Jr. (Central), Chicago, Ill.	10s.
220 Yards Run.....		22s.	N. J. Cartmell, Louisville, Ky.	21 1-5s.
440 Yards Run.....	( 52 3-5s.	59 4-5s.	E. M. Tourtelot (Central), Chicago, Ill. E. M. Tourtelot (Central), Chicago, Ill.	58s. 52 3-5s.
880 Yards Run.....	( 2m. 4 1-5s.	2m. 15s.	H. H. Lord (Central), Chicago, Ill. W. O. Brown, Cincinnati, O.	2m. 10s. 2m. 3 1-5s.
Three-quarter-mile Run.....		4m. 1 1-5s.	A. T. Robinson (Central), Chicago, Ill.	3m. 52 2-5s.
One Mile Run.....	( 4m. 38 4-5s.	4m. 45 3-5s.	H. J. Buechler (Central), Chicago, Ill. W. T. Buechler (Central), Chicago, Ill.	4m. 45 3-5s. 4m. 34 4-5s.
Two Mile Run.....	10m. 19 3-5s.		A. A. Haigh (Central), Chicago, Ill.	10m. 19 3-5s.
120 Yards Hurdles.....	16 1-5s.		W. T. Fishleigh (Ravensw'd), Chicago, Ill.	16 1-5s.
200 Yards Hurdles.....	27 3-5s.		W. T. Fishleigh (Ravensw'd), Chicago, Ill.	27 3-5s.
Quarter Mile Potato Race.....		1m. 40s.	J. E. Peters (Central), Chicago, Ill.	1m. 40s.
Standing Broad Jump.....		10ft. 2in.	O. H. Bonney, Aurora, Ill.	10ft. 3 1-4in.
Two Standing Broad Jumps.....		19ft. 11 3-4in.	R. E. Cornwall, Omaha, Neb.	21ft. 3 1-4in.
Three Standing Broad Jumps.....		29ft. 6 1-2in.	R. E. Cornwall, Omaha, Neb.	32ft. 11 1-2in.



## CENTRAL SECTION RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Standing High Jump.....		4ft. 5 1-2in.	O. H. Bonney, Aurora, Ill.	4ft. 10 1-8in.
Standing Hop, Step and Jump....		28ft. 4 1-4 in.	C. W. Svenson (Central), Chicago, Ill.	28ft. 5 in.
Running Hop, Step and Jump.....	41ft. 7in.		O. H. Bonney, Aurora, Ill.	41ft. 7in.
Running Broad Jump.....	21ft. 11 1-2in.		W. T. Fishleigh (Ravenswood), Chicago, Ill.	21ft. 11 1-2in.
Running High Jump.....	{ 5ft. 7 1-2in.	5ft. 10 1-4in.	David Davies, Cincinnati, O. W. B. Everingham (W. Side), Chicago, Ill.	5ft. 10 1-4in. 5ft. 8in.
Running High Dive.....		5ft. 4in.	R. H. Wilmarth, Aurora, Ill.	6ft. 1 3-4in.
Running Long Dive.....		13ft. 7 1-2in.	Frank Zumbrook, Springfield, Ill.	14ft. 8in.
Fence Vault.....		6ft. 7in.	C. D. Rysdale, Grand Rapids, Mich.	7ft.
Running High Kick.....		9ft. 3 3-4in.	O. H. Bonney, Aurora, Ill.	9ft. 3 3-4in.
Hitch and Kick.....		8ft. 6 1-8in.	D. C. Briggs, Dayton, O.	9ft.
Double Kick.....		8ft. 1 3-4in.	F. C. Crane, Aurora, Ill.	8ft. 1 3-4in.
Pole Vault for Height.....	{ 10ft. 2in.	10ft. 7 3-4in.	R. W. Albertson (Central), Chicago, Ill. R. W. Albertson (Central), Chicago, Ill.	10ft. 7 3-4in. 11ft. 1 7-8in.
18 Foot Climb.....		7 1-5s.	J. E. Peters (Central), Chicago, Ill.	4 3-5s.
Putting 12-lb. Shot.....	{ 43ft. 5in.	37ft. 5in.	O. E. Granberg (Central), Chicago, Ill. H. B. Webster (Central), Chicago, Ill.	48ft. 9 3-4in. 46ft. 6 1-4in.
Putting 16-lb. Shot.....	{ 38ft. 2in.	35ft. 7in.	C. W. Rendigs, Cincinnati, O. W. H. Stevenson, Cincinnati, O.	41ft. 10 1-2in. 38ft. 2in.
12-lb. Hammer (without turn).....	99ft. 9in.		H. A. Young, Cleveland, O.	123ft. 5in.

## EASTERN SECTION RECORDS

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
75 Yards Dash.....		9s.	Carl H. Buenzle, Scranton, Pa.	9s.
100 Yards Dash.....	{ 10 1-5s.	11 1-5s.	Paul Seidenstricker, Buffalo, N. Y. L. D. Parmelee, Albany, N. Y.	11 1-5s. 10s.
220 Yards Dash.....	{ 23 1-5s.	26 4-5s.	{ G. M. Cassenas (23d St.), N. Y. City } { P. Seidenstricker, Buffalo, N. Y. } R. H. Lummis, Wilmington, Del.	26 4-5s. 22s.
440 Yards Run.....		58s.	F. W. Cardes (23d St.), N. Y. City	58s.
880 Yards Run.....	{ 2m. 3 1-5s.	2m. 10s.	E. A. Kelley (23d St.), N. Y. City Harry Coates, Newark, N. J.	2m. 10s. 2m. 3 1-5s.
Three-quarter-mile Run.....		4m. 4-5s.	F. H. Alpers (Central), Brooklyn, N. Y.	3m. 52 2-5s.
One Mile Run.....	{ 4m. 47 1-5s.	4m. 47 3-5s.	Harry A. Hoff (23d St.), N. Y. City Harry Coates, Newark, N. J.	4m. 45 3-5s. 4m. 38 4-5s.
One-quarter-mile Potato Race.....		1m. 43s.	W. A. Gassin (Central), Brooklyn, N. Y.	1m. 40s.
Standing High Jump.....		4ft. 10 1-8in.	F. M. Diehl (Central), Buffalo, N. Y.	4ft. 10 1-8 in.
Running High Jump.....	{ 5ft. 8in.	5ft. 8 1-4in.	Wm. Wedell (Central), Buffalo, N. Y. { Daniel Reuss (Bedford), Brooklyn, N. Y. } L. D. Parmelee, Albany, N. Y.	5ft. 10 1-4in. 5ft. 8in.
Running High Jump from Springboard		7ft. 10in.	A. T. Robinson (Central), Brooklyn, N. Y.	7ft. 10in.
Running Broad Jump	18ft. 10 1-2in.		Wm. Wicks, Scranton, Pa.	18ft. 10 1-2in.
Pole Vault. ....	{ 9ft. 11in.	10ft. 2in.	E. C. Anderson (Central), Buffalo, N. Y. L. D. Parmelee, Albany, N. Y.	10ft. 7 3-4in. 11ft. 1 7-8in.
Standing Broad Jump.....		10ft. 2 1-2in.	P. D. Seidensbrichen (Cent.), Buffalo, N. Y.	10ft. 3 1-4in.

# EASTERN SECTION RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
Two Standing Broad Jumps.....		19ft. 11 1-4in.	H. J. Behrens (Central), Brooklyn, N. Y.	21ft. 3 1-4in.
Three Standing Broad Jumps.....		30ft. 6 3-4in.	C. R. Toothaker (Central), Phila., Pa.	32ft. 11 1-2in.
Standing Hop Step and Jump.....		28ft. 7 1-2in.	R. O. Best (Central), Buffalo, N. Y.	28ft. 7 1-2 in.
Running Long Dive.....		14ft. 8in.	Louis Killian, Orange, N. J.	14ft. 8in.
Running High Dive.....		6ft. 1 3-4in.	Walter McNaughton, Plainfield, N. J.	6ft. 1 3-4in.
Fence Vault.....		6ft. 8 1-2in.	R. O. Best (Central), Buffalo, N. Y.	7ft.
Running High Kick.....		8ft. 10 1-2in.	C. R. Toothaker (Central), Phila., Pa.	9ft. 3 3-4in.
Hitch and Kick.....		9ft.	C. R. Toothaker (Central), Phila., Pa.	9ft.
Rope Climb (18 feet).....		4 3-5s.	R. O. Best (Central), Buffalo, N. Y.	4 3-5s.
Putting 12-lb. Shot.....		46ft. 8in.	A. B. Gunn (Central), Buffalo, N. Y.	48ft. 9 3-4in.
Putting 16-lb. Shot.....		41ft. 10 1-2in.	Arthur P. Stipp, Scranton, Pa.	41ft. 10 1-2in.
12-lb. Hammer (without turn).....95ft.			Daniel Reuss (Bedford), Brooklyn, N. Y.	115ft. 10in.
25 Yards Swim.....		13 1-5s.	C. H. Brunton (23d St.), N. Y. City.	13 1-5s.
50 Yards Swim.....		29s.	Raymond L. Smith, Newark, N. J.	29s.
75 Yards Swim.....		46 4-5s.	Raymond L. Smith, Newark, N. J.	46 4-5s.
100 Yards Swim.....		1m. 5 2-5s.	Geo. South (23d St.), N. Y. City.	1m. 5 2-5s.
220 Yards Swim.....		3m. 7 2-5s.	John Manley (23d St.), N. Y. City.	3m. 7 2-5s.
Under Water Swim for Distance		236ft. 6in.	R. S. Atkinson (Bedford), Brooklyn, N. Y.	236ft. 6in.

## NORTHEASTERN SECTION RECORDS

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN A. L. N. A. RECORD
100 Yards Run.....	{ 10 2-5s.		{ W. B. Durand, Springfield, Mass. David Pollard, Springfield, Mass. Wm. Cameron, Pawtucket, R. I.	10s.
440 Yards Run.....		1m. 1 4-5s.	George Hardy, Fitchburg, Mass.	58s.
880 Yards Run.....		2m. 11 4-5s.	Harold Knight, Fitchburg, Mass.	2m. 10s.
One Mile Run.....	4m. 41s.		J. D. Delaney, Worcester, Mass.	4m. 38 4-5s.
Quarter Mile Potatoe Race.....		1m. 41s.	W. D. Daisley, Stamford, Conn.	1m. 40s.
Standing Broad Jump.....		10ft. 1 1-2in.	F. W. Foster, Cambridge, Mass.	10ft. 3 1-4in.
Two Standing Broad Jumps.....		21ft. 3 1-4in.	David Lane, Bridgeport, Conn.	21ft. 3 1-4in.
Three Standing Broad Jumps.....		32ft. 11 1-2in.	J. A. Macdonald, Melrose, Mass.	32ft. 11 1-2in.
Standing Hop, Step and Jump....		28ft. 5in.	F. W. Foster, Cambridge, Mass.	28ft. 7 1-2in.
Standing High Jump.....		4ft. 6in.	F. W. Foster, Cambridge, Mass.	4ft. 10 1-8in.
Running High Jump.....	{ 5ft. 7 3-4in.	5ft. 5in.	Fred Butler, Boston, Mass. David Pollard, Springfield, Mass.	5ft. 10 1-4in. 5ft. 8in.
Running High Jump from Springboard		7ft. 7 1-4in.	David Lane, Bridgeport, Conn.	7ft. 10in.
Running High Dive.....		5ft. 10in.	F. C. Harwood, Norwich, Conn.	6ft. 1 3-4in.
Running Long Dive.....		12ft. 8in.	George G. Straffin, Brockton, Mass.	14ft. 8in.
Fence Vault.....		6ft. 6in.	George G. Straffin, Brockton, Mass.	7ft.
Running High Kick.....		8ft. 7in.	W. D. Daisley, Stamford, Conn.	9ft. 3 3-4in.
Double Kick.....		7ft. 2in.	T. L. Freeborne, Newport, R. I.	8ft. 1 3-4in.

## NORTHEASTERN SECTION RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN A. L. N. A. RECORDS
Pole Vault.....	{ 11ft. 1 7-8in.	9ft. 3in.	J. A. Gilliland, Stamford, Conn.	10ft. 7 3-4in.
Rope Climb (18 feet).....		5 1-5s.	A. M. Coe, Springfield, Mass.	11ft. 1 7-8in.
Putting 12-lb. Shot.....	{ 39ft. 7 1-2in.	48ft. 9 3-4in.	J. A. Gilliland, Stamford, Conn.	4 3-5s.
Putting 16-lb. Shot.....		36ft. 8 1-2in.	C. H. Robinson, Boston, Mass.	48ft. 9 3-4in.
12-lb. Hammer (without turn) .....	115ft. 10in.		Fred Butler, Boston, Mass.	46ft. 6 1-4in.
			S. H. Bingham, Worcester, Mass.	41ft. 10 1-2in.
				123ft. 5in.

## PACIFIC SECTION RECORDS

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
100 Yards Dash.....	{ 10 4-5s.		{ E. Edinger, Riverside, Cal. { C. S. Dole, San Francisco, Cal.	10s.
One Mile Run.....	5m. 18s.		F. L. Morrill, Los Angeles, Cal.	4m. 38 4-5s.
Quarter Mile Potato Race.....		1m. 45s	Claude Littlepage, Los Angeles, Cal.	1m. 40s.
Three Standing Broad Jumps.....		31ft. 6in.	R. E. Squire, Los Angeles, Cal.	32ft. 11 1-2in.
Running High Jump.....	{ 5ft. 5in.	5ft. 6 3-4in.	J. D. Grant, San Francisco, Cal. { C. S. Dole, San Francisco, Cal. { F. L. Morrill, Los Angeles, Cal.	5ft. 10 1-4in.
Running High Dive from Springboard		8ft. 6 1-2in.	Chas. Stewart, San Francisco, Cal.	5ft. 8in.
Pole Vault.....	10ft. 2in.		C. S. Dole, San Francisco, Cal.	8ft. 6 1-2in.
Fence Vault.....		7ft.	R. E. Squire, Los Angeles, Cal.	11ft. 1 7-8in.
Putting 12lb. Shot.....		44ft.	Dean B. Cromwell, Los Angeles, Cal.	7ft.
12lb. Hammer (without turn) .....	90ft..		C. S. Dole, San Francisco, Cal.	48ft. 9 3-4in.
				123ft. 5in.

## PACIFIC NORTHWESTERN SECTION RECORDS

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	NATIONAL A. L. N. A. RECORDS
440 Yards Run.....		63 2-5s.	T. Healey, Portland, Ore.	58s.
880 Yards Run.....		2m. 16 3-4s.	J. A. Wilcox, Portland, Ore.	2m. 10s.
One Mile Run.....		5m. 25s.	T. Healey, Portland, Ore.	4m. 45 3-5s.
Running High Dive.....		5ft. 11in.	S. Beck, Portland, Ore.	5ft. 10 1-4in
Running High Jump from Springboard		7ft. 6 1-4in.	J. A. Wilcox, Portland, Ore.	7ft. 10in.
Running Long Dive.....		13ft. 5 1-2in.	Sidney Beck, Portland, Ore.	14ft. 8in.
Fence Vault.....		6 ft. 3in.	V. Paquet, Portland, Ore.	7ft.
Running High Kick.....		8 ft. 5 1-2in.	A. W. Barber, Portland, Ore.	9ft. 3 3-4in.
Putting 12-lb. Shot.....		42ft. 1in.	H. Bailey, Portland, Ore.	48ft. 4 9-4in.

## SOUTHWESTERN SECTION RECORDS

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN A. L. N. A. RECORDS
50 Yards Dash.....	5 3-5s.		G. B. Leake, Fort Worth, Texas.	5 3-5s.
100 Yards Dash.....	10 1-5s.		B. G. Leake, Dallas, Texas.	10s.
440 Yards Run.....	56s.		Edward Slaughter, Dallas, Texas.	52 3-5s.
880 Yards Run.....		2m. 14 4-5s.	L. L. Bailey, New Orleans, La.	2m. 10s.
Three-quarter Mile Run.....		3m. 52 2-5s.	Harry Monroe, New Orleans, La.	3m. 52 2-5s.
One-quarter Mile Potato Race.....		1m. 44 4-5s.	G. Goldthwaite, Galveston, Texas.	1m. 40s.

## SOUTHWESTERN SECTION RECORDS—CONTINUED

EVENTS	OUTDOOR	INDOOR	NAME AND ASSOCIATION	AMERICAN A. L. N. A. RECORDS
Standing High Jump.....	4ft. 10in.		C. M. King, Dallas, Texas.	4ft. 10in.
Running High Jump.....	{	5ft. 2in.	{ J. C. Kendall, Houston, Texas. { F. R. Thomas, Galveston, Texas.	5ft. 10 1-4in.
Running High Jump from Springboard		6ft. 9 3-4in.	J. M. Frick, Dallas, Texas.	7ft. 10in.
Standing Broad Jump.....	{ 10ft. 8 3-4in.	10ft. 3 1-4in.	N. R. Shubert, New Orleans, La. C. M. King, Dallas, Texas.	10ft. 3 1-4in. 10ft. 8 3-4in.
Two Standing Broad Jumps.....		20ft. 9in.	F. R. Thomas, Galveston, Texas	21ft. 3 1-4in.
Three Standing Broad Jumps....	{ 33ft. 9 in.	27ft 2 1-2in.	T. H. Phillips, Galveston, Texas C. M. King, Dallas, Texas	32ft. 11 1-2in. 33ft. 9in.
Running Broad Jump.....	20ft. 1-2in.		C. M. King, Dallas, Texas	21ft. 11 1-2in.
Running High Dive.....		5ft. 1in.	C. L. Hutchinson, Galveston, Texas	6ft. 1 3-4in.
Running High Kick.....		8ft. 7in.	J. M. Frick, Dallas, Texas	9ft. 3 3-4in.
Hitch and Kick.....		8ft. 3 1-2in.	C. B. McConnell, Dallas, Texas	9ft.
Double Kick....		7ft. 2 3-4 in.	P. F. Prather, Dallas, Texas	8ft. 1 3-4in.
Fence Vault.....		6ft. 1in.	Lewis C. Everard, New Orleans, La.	7ft.
Pole Vault.....	{ 9ft. 6in.	5ft. 2in.	T. C. Kendall, Houston, Texas B. G. Leake, Dallas, Texas	10ft. 7 3-4in. 11ft. 1 7-8in.
Putting 12lb. Shot.....		41ft. 7in.	Geo. Queyrrouze, New Orleans, La.	48ft. 9 3-4in.
12lb. Hammer (without turn).....	91ft. 9 1-2in.		R. C. Ledbetter, Dallas, Texas	123ft. 5in.

## WESTERN SECTION—No RECORDS

## JURISDICTION.

The League claims jurisdiction over the following classes of sports, for which individuals must be registered.

- |                   |                    |
|-------------------|--------------------|
| 1. Basket Ball.   | 10. Running.       |
| 2. Gymnastics.    | 11. Swimming.      |
| 3. Hurdle Racing. | 12. Kicking.       |
| 4. Jumping.       | 13. Diving.        |
| 5. Vaulting.      | 14. Rope Climbing. |
| 6. Shot.          | 15. Tug of War.    |
| 7. Hammer.        | 16. Walking.       |
| 8. Weights.       | 17. Wrestling.     |
| 9. Discus.        | 18. Skating.       |

In other classes of competition not mentioned above all contestants must be amateurs.



# ARTICLES OF ALLIANCE

BETWEEN THE  
ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN  
ASSOCIATIONS OF NORTH AMERICA  
AND THE  
AMATEUR ATHLETIC UNION OF THE UNITED STATES.

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## ARTICLE I.

At all meetings of the Amateur Athletic Union the Athletic League of Young Men's Christian Associations shall be entitled to representation by not more than four delegates, or duly elected alternates of such delegates, having collectively one vote.

## ARTICLE II.

From among these delegates one shall be chosen to be a member of the Board of Governors of the Amateur Athletic Union, who shall have voice, vote, and privilege equal to the other members of said Board upon matters coming before it.

## ARTICLE III.

All members of Amateur Athletic Union clubs entering Young Men's Christian Association League games shall be governed by the rules of the Athletic League of Young Men's Christian Associations, but members of Young Men's Christian Associations entering any games given under the rules of the Amateur Athletic Union shall be governed by the rules of the Amateur Athletic Union.

## ARTICLE IV.

No member of any Young Men's Christian Association which is enrolled as a member of the Athletic League of Young Men's Christian Associations of North America shall be allowed to compete for any club in the Amateur Athletic Union provided he has within 90 days competed for such Young Men's Christian Association; nor shall any member of any such Young Men's Christian Association be allowed to compete for any club in the Amateur Athletic Union within one year, except the consent of the governing body of such Young Men's Christian Association be obtained.

## ARTICLE V.

No member of any Amateur Athletic Union club shall be allowed to represent any Young Men's Christian Association in

games of any local branch of the Young Men's Christian Association Athletic League provided he has within 90 days competed for any Amateur Athletic Union club; nor shall any member of any Amateur Athletic Union club be allowed to compete for any local branch of the Young Men's Christian Association within one year, excepting with the consent of the board of governors of the athletic club which he last represented.

#### ARTICLE VI.

Each party to this alliance shall respect and enforce the penalties, suspensions, and disqualifications imposed by the other party.

#### ARTICLE VII.

Only those local Young Men's Christian Associations or branches which are enrolled as bona fide members of the Athletic League of Young Men's Christian Associations shall be entitled to the privileges and protection of this affiliation.

#### ARTICLE VIII.

These articles of alliance may be terminated by either party upon thirty days' written notice to the other.

For the Amateur Athletic Union,

BARTOW S. WEEKS, *President.*

For the Athletic League of the Young Men's Christian Associations of North America,

FREDERICK B. PRATT,

*Chairman of the Governing Committee.*

Articles I. and II. give the League continuous representation on the Governing Board of the Amateur Athletic Union and ally it with the best interests of amateur sport in the country, and in so far as we have influence will enable us to co-operate with them in maintaining that high standard of sport which it is our mutual desire to secure.

Article III., as clearly stated in it, provides for mutual autonomy. Games held under sanction of the League, whether closed or open, shall be held under League rules exclusively. Conversely, the games of the Amateur Athletic Union are exclusively under their own control, and even when League members enter their games they abide entirely by their ruling, and not by the League.

Articles IV. and V. are the most important ones. The rules are also those which govern the relations of the Amateur Athletic Union Clubs to each other. The reason for their original adop-

tion was that the strong athletic clubs could by superior facilities draw away the best members from the small clubs and thus render it difficult for the smaller clubs to do anything in the line of athletics. It was a measure of protection. The League now takes the same position with reference to them that they take with reference to each other. It has been claimed that certain athletic clubs habitually drew their prominent athletes from our Association, and that it was impossible to hold in the Association men who excelled in any line of athletic sport, even though they had been trained by the Association. This will be largely remedied in the future by the operation of these rules.

ARTICLE VI. This alliance is not between the Young Men's Christian Associations and the Amateur Athletic Union, but between the Athletic League of the Associations and the Amateur Athletic Union. While the League will endeavor to render as definite service as possible to the entire cause of the Young Men's Christian Associations, its immediate effort and benefits must be confined chiefly to the Associations that indicate their interest and desire to be governed by its rules by joining it. The door into the League is open, and it is hoped that all Associations which have physical work will ally themselves with this general movement. Local associations may, if they wish, join both organizations.

ARTICLE VII. Men who are suspended by the Amateur Athletic Union are *ipso facto* suspended during the same period from League games; and, similarly, men whom for any reason the League suspends from competition in its games are suspended for the same period from all games of the Union. Thus both bodies stand in a position of mutual co-operation and helpfulness with reference to the necessary discipline of our own athletic sports.

ARTICLE VIII. In case of difficulty between the two parties, this article gives opportunity for withdrawal or alteration, without which it would be hardly possible for either party to go into the arrangement.

# ARTICLES OF ALLIANCE

BETWEEN THE

## ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA

AND THE

## CANADIAN AMATEUR ATHLETIC UNION

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I. At all meetings of the Canadian Amateur Athletic Union the Athletic League of Young Men's Christian Associations shall be entitled to representation by not more than three delegates, or duly elected alternates of such delegates, having, collectively, one vote.

II. From among these delegates one shall be chosen to be a member of the Board of Governors of the Canadian Amateur Athletic Union, who shall have one voice, vote and privilege equal to the other members of the said Board upon matters coming before it.

III. All members of the Canadian Amateur Athletic Union clubs entering Young Men's Christian Association League games shall be governed by the rules of the Athletic League of Young Men's Christian Associations, but members of Young Men's Christian Associations entering games given under the rules of the Canadian Amateur Athletic Union shall be governed by the rules of the Canadian Amateur Athletic Union.

IV. No member of any Young Men's Christian Association which is enrolled as a member of the Athletic League of Young Men's Christian Associations of North America shall be allowed to compete for any club in the Canadian Amateur Athletic Union, provided he has within one year competed for such Young Men's Christian Association, except the consent of the governing body of such Young Men's Christian Association be obtained.

V. No member of any Canadian Amateur Athletic Union club shall be allowed to represent any Young Men's Christian Association in games of any local branch of the Young Men's Christian Association Athletic League, provided he has within one year competed for any Canadian Amateur Athletic Union

club, excepting with the consent of the Board of Governors of the Canadian Amateur Athletic Union.

VI. Each party of this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

VII. Only those local Young Men's Christian Associations or branches which are enrolled as bona fide members of the Athletic League of Young Men's Christian Associations shall be entitled to the privileges and protection of this affiliation.

VIII. These Articles of Alliance may be terminated by either party upon thirty days' written notice to the other.

For the Canadian Amateur Athletic Union—

(Signed)

N. J. AYLING,

Vice-President and Acting President.

For the Athletic League of Young Men's Christian Associations of North America—

(Signed)

FREDERIC B. PRATT.

Chairman.

# ARTICLES OF ALLIANCE

BETWEEN THE

ATHLETIC LEAGUE OF YOUNG MEN'S CHRISTIAN  
ASSOCIATIONS OF NORTH AMERICA

AND THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S  
CHRISTIAN ASSOCIATIONS OF CANADA

---

I. At all meetings of the Governing Committee of the Young Men's Christian Association Athletic League of North America, the Young Men's Christian Association Athletic League of Canada shall be entitled to representation by one delegate or alternate duly elected by the Governing Committee of the Canadian Athletic League, who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

II. At all meetings of the Governing Committee of the Young Men's Christian Association Athletic League of Canada, the Young Men's Christian Association Athletic League of North America shall be entitled to representation by one delegate or alternate, duly elected by the Governing Committee of the North American Athletic League, who shall have voice, vote and privilege equal to the other members of said committee upon matters coming before it.

III. All members of Canadian Athletic League Associations entering games held under sanction of the North American Association Athletic League shall be governed by the rules of the North American Association Athletic League, but members of North American Athletic League Associations entering any games held under sanction of the Canadian Association Athletic League, shall be governed by the rules of the Canadian Association Athletic League.

IV. No member of any Young Men's Christian Association which is enrolled as a member of the Canadian Association Athletic League shall be allowed to compete in open games for any association in the North American Association Athletic League,

provided he has within one year competed in open games for an association enrolled as a member of the Canadian Association Athletic League, except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained, he shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

V. No member of any Young Men's Christian Association which is enrolled as a member of the North American Association Athletic League shall be allowed to compete in open games for any association in the Canadian Association Athletic League, provided he has within one year competed in open games for an association enrolled as a member of the North American Association Athletic League, except the consent of the governing body of the local association he last represented in open games be obtained in writing. Even if such consent be obtained, he shall not be eligible to represent the association to which he has been released for 90 days from the date he last represented the former association in open games.

VI. Each party to this alliance shall respect and enforce the penalties, suspensions and disqualifications imposed by the other party.

VII. Only those local Young Men's Christian Associations or branches which are enrolled as *bona fide* members of either association Athletic League shall be entitled to the privileges and protection of this affiliation.

VIII. These Articles of Alliance may be terminated by either party upon thirty days' written notice to the other.

For the Athletic League of the Young Men's Christian Associations of North America—

(Signed)

FREDERIC B. PRATT,

For the Athletic League of the Young Men's Christian Associations of Canada—

(Signed)

JOHN W. ROSS.

# ATHLETIC RULES

OF THE  
ATHLETIC LEAGUE OF THE YOUNG MEN'S  
CHRISTIAN ASSOCIATIONS OF  
NORTH AMERICA.

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## RULE I. OFFICIALS.

All athletic meets, excepting those under Pentathlon rules, shall be under the direction of a—

Games Committee,  
One Referee,  
One Inspector,  
Three Judges at Finish,  
Three or more Field Judges,  
One or more Relay Judges,  
Three or more Timekeepers,  
One Starter,  
One Clerk of the Course,  
One Scorer,  
One Marshal,  
One Official Announcer.

If deemed necessary, assistants may be provided for the Scorer, Inspector, Marshal, and Clerk of the Course.

## RULE II. THE GAMES COMMITTEE.

All athletic games must be under the immediate direction of a committee of this League, or of one of the Associations in this League.

This committee shall have jurisdiction over all matters not assigned by these rules to the officials or the Governing Committee.

They shall make arrangements for the games, grounds, officials, expenses, advertising, etc.

## RULE III. THE REFEREE.

The Referee shall decide all questions relating to the actual conduct of the meeting whose final settlement is not otherwise covered by these rules.



He alone shall have the power to change the order of events as laid down in the official programme, and to add to or to alter the announced arrangement of heats in any event. A Referee has no authority, after heats have been duly drawn and published in a programme, to transfer a contestant from one heat to another.

When in any but the final heat of a race a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and shall also have the power to allow the hindered competitor to start in the next round of heats just as if he had been placed in his trial.

When in a final heat a claim of foul or interference is made, he shall have the power to disqualify the competitor who was at fault, if he considers the foul intentional or due to culpable carelessness, and he shall also have the power to order a new race between such of the competitors as he thinks entitled to such a privilege.

If, during any athletic contest, a competitor conduct himself in a manner unbecoming a gentleman, or offensive to the officials, spectators, or competitors, the Referee shall have the power to disqualify him from further competition at the meeting; and if he thinks the offense worthy of additional punishment, shall make a detailed statement of the facts to the Governing Committee within 48 hours.

#### RULE IV. THE INSPECTORS.

It shall be the duty of an Inspector to stand at such point as the Referee may designate; to watch the competition closely, and in case of a claim of foul to report to the Referee what he saw of the incident.

Such Inspectors are assistants to the Referee, to whom they shall report, and have no power to make any decisions.

#### RULE V. THE JUDGES AT FINISH

shall determine the order of finishing of contestants, and shall arrange among themselves as to noting the winner, second, third, fourth, etc., as the case may require.

Their decision in this respect shall be without appeal, and in case of disagreement a majority shall govern.

#### RULE VI. THE FIELD JUDGES.

shall make an accurate measurement, and keep a tally of all competitors in the high and broad jumps, the pole vault, and the weight competitions.

They shall act as judges of these events, and their decision shall likewise be without appeal. In case of disagreement a majority shall govern.

Relay Judges shall perform such duties as the Referee may assign to them.

#### RULE VII. THE TIMEKEEPERS

shall be three in number. They shall individually time all events where time record is required, and determine among themselves and announce the official time of each heat or race.

Should two of the three watches mark the same time and the third disagree, the time marked by the two watches shall be accepted. Should all three disagree, the time marked by the intermediate watch shall be accepted.

The *flash* of the pistol shall denote the actual time of starting. If, for any reason, only two watches record the time of an event, and they fail to agree, the longer time of the two shall be accepted.

NOTE.—For record, however, the event must be timed by three watches. See by-laws, section 13, paragraph 2.

#### RULES VIII. THE STARTER

shall have sole jurisdiction over the competitors after the clerk of the course has properly placed them in their positions for the start.

The method of starting shall be by pistol report, except that in time handicap races the word "go" may be used.

An actual start shall not be effected until the pistol has been *purposely* discharged after the competitors have been warned to get ready.

In case the pistol was not purposely discharged the competitors shall be called back by the Starter by pistol fire. (Note.—the Starter must have at least two good cartridges in his pistol before starting a heat or race.)

When any part of the person of a competitor shall touch the ground in front of his mark before the starting signal is given it shall be considered a false start.

Penalties for false starting shall be inflicted by the Starter as follows:

In all races up to and including 125 yards, the competitor shall be put back one yard for the first and another yard for the second attempt; in races over 125 yards and including 300 yards, two yards for the first and two more for the second attempt; in races over 300 yards and including 600 yards, three yards for the first and three more for the second attempt; in races over 600 yards and including 1,000 yards, four yards for the first and four more for the second attempt; in races over

1,000 yards and including one mile, five yards for the first and five more for the second attempt; in all races over one mile, ten yards for the first and ten more for the second attempt. In all cases the third false start shall disqualify the offender from that event.

The Starter shall also rule out of that event any competitor who attempts to advance himself from his mark, as prescribed in the official programme, after the Clerk of the Course has assigned him his place.

#### RULE IX. THE CLERK OF THE COURSE

shall be provided with the names and the numbers of all entered competitors, and shall notify them to appear at the starting line before the start in each event in which they are entered.

In case of handicap events from marks, he shall place each competitor behind his proper mark; shall immediately notify the Starter should any competitor attempt to advance himself after the Starter has warned them to "get ready;" and in time allowance handicaps shall furnish the Starter with the number and time allowance of each actual competitor.

He shall control his assistants, and assign to them their duties.

#### RULE X. THE SCORER

shall record the order in which each competitor finishes his event, together with the time furnished him by the Timekeepers.

He shall keep a tally of the laps made by each competitor in races covering more than one lap, and shall announce by means of a bell, or otherwise, when the leading man enters the last lap.

He shall control his assistants, and assign to them their duties.

#### RULE XI. THE MARSHAL

shall have full police charge of the enclosure, and shall prevent any but officials and actual competitors from entering or remaining therein.

He shall control his assistants, and assign to them their duties.

#### RULE XII. THE OFFICIAL ANNOUNCER

shall receive from the Scorer and Field Judges the result of

each event, and announce the same by voice or by means of a bulletin board.

### RULE XIII. TRAINERS AND HANDLERS

shall not be allowed within the centre field or inner circle, or on the track immediately prior to or during competitions except in distances exceeding one mile.

### RULE XIV. COMPETITORS

shall report to the Clerk of the Course immediately upon their arrival at the place of meeting, and shall be provided by that official with their proper numbers, which must be worn conspicuously by the competitors when competing, and without which they shall not be allowed to start.

Each competitor shall inform himself of the time of starting, and shall be promptly at the starting point of each competition in which he is entered, and there report to the Clerk of the Course.

Under no condition shall any attendants be allowed to accompany competitors at the start or during any competition, except in match races, where special agreement may be made.

### RULE XV. PROTESTS.

All protests against any entered competitor must be made in writing to the Games Committee or any member thereof before the meeting, or verbally to the Referee during the meeting. If possible, the committee or Referee shall decide such protests at once. If the nature of the protest or the necessity of obtaining testimony prevents an immediate decision, the competitor shall be allowed to compete under protest, and the protest shall be decided by the Games Committee within one week, unless its subject be the amateur standing of the competitor, in which case the Games Committee must report such protest within forty-eight hours to the Secretary of the Governing Committee.

(2) All protests, except in regard to interpretation of rules and amateur standing, shall be decided by the committee or Referee to whom they are made as provided.

(3) All protests concerning the interpretation of rules and amateur standing shall be referred to and decided by the Governing Committee.

NOTE.—See Section 10, paragraph 6, page 77.

## RULE XVI. TRACK MEASUREMENT.

All distances run or walked shall be measured upon a line eighteen inches outward from the inner edge of the track, except that in races on straightaway tracks the distance shall be measured in a direct line from the starting mark to the finishing line. Indoor padded tracks shall be measured upon a line following the centre of the padding. The committee reserve the right to require in case a record is claimed the sworn statement of a civil engineer regarding the measurement of the course.

## RULE XVII. THE COURSE.

Each competitor shall keep in his respective position from start to finish in all races on straightaway tracks, and in all races on tracks with one or more turns he shall not cross to the inner edge of the track, except when he is at least six feet in advance of his nearest competitor. After turning the last corner into the straight in any race, each competitor must keep a straight course to the finish line, and not cross, either to the outside or the inside, in front of any of his opponents.

In all championship races, at any distance under and including 300 yards, each competitor shall have a separate course, properly roped, staked, and measured, whether the race be run on a straight path or around one or more curves.

The Referee shall have power to disqualify from that event any competitor who wilfully pushes against, impedes, crosses the course of, or in any way interferes with another competitor.

The Referee shall have power to disqualify from further participation in the games any contestant competing in order to lose, to coach, or to in any way impede chances of another competitor either in a trial or final contest.

## RULE XVIII. THE FINISH

of the course shall be represented by a line between two finishing posts, drawn across and at right angles to the sides of the track, and four feet above which line shall be placed a tape attached at either end to the finishing posts. A finish shall be counted when any part of the winner's body, except his hands or arms, shall touch the tape at the finish line. The tape is to be considered the finishing line for the winner, but the order of finishing across the track line shall determine the positions of the other competitors.

## RULE XIX. HURDLES.

In the 120 yards hurdle race ten hurdles shall be used, each hurdle being three feet six inches high. They shall be placed ten

yards apart, with the first hurdle fifteen yards distant from the starting point, and the last hurdle fifteen yards before the finishing line. In the 220 yards hurdle race ten hurdles shall be used, each hurdle to be two feet six inches high. They shall be placed twenty yards apart, with the first hurdle twenty yards distant from the starting mark, and the last hurdle twenty yards before the finishing line.

In making a record it shall be necessary for the competitor to jump over every hurdle in its proper position.

In all championship hurdle races each competitor shall have separate hurdles and a separate course marked out and measured independently, whether races are run straightaway or with turns.

### RULE XX. RELAY RACING.

SECTION 1. *Relay Races.* The general rules for running events apply to relay racing.

SEC. 2. No articles shall be carried for exchange.

SEC. 3. The incoming runner must touch or overlap the hand of the outgoing runner.

SEC. 4. Each runner must wear some distinguishing color or mark.

SEC. 5. No competitor shall run more than one relay.

SEC. 6. Positions shall be drawn for, and during the race no team shall be allowed to change its start or finish position.

SEC. 7. A line shall be drawn twenty feet in front of each starting line. Between these two lines each runner must touch the succeeding runner. Failure to do this shall disqualify the team in that event. There shall be Judges of Relay Racing whose duties it shall be to see that all touches are properly made.

SEC. 8. In the case of a handicap relay race, the runner on the first relay is granted the total handicap allowed each team.

### RULE XXI. TIES.

In all contests whose results are determined by measurement of height or distance, ties shall be decided as follows:

In handicap contests the award shall be given to the competitor who received the least allowance. In case of a tie between two or more competitors who received the same allowance, the decision shall be made as in scratch contests.

In case of a tie in a scratch contest at high jumping or vaulting, the tying competitors shall have three additional trials at the height last tried, and, if still undecided, the bar shall be lowered two inches in the high jump and four inches in the pole vault,

and three trials taken at that height. If no one clears it, the bar shall be lowered again and again until one of the competitors clears it. In case of a second tie, the award shall be given to the competitor who cleared the bar with the least number of trials.

In case of a tie in a scratch contest at any game decided by distance, each of the tying competitors shall have three additional trials, and the award shall be made in accordance with the distance cleared in these additional trials. In case of a second tie three more trials shall be allowed, and so on, until a decision is reached. In case of a dead heat in any track events, the competitors shall not be allowed to divide the prize or points, or to toss for them, but must compete again at a time and place appointed by the Referee.

#### ORDER OF COMPETITION IN FIELD EVENTS.

In all scratch events the competitors shall take their trials in the order of their names as printed in the programme.

In all handicap events the competitors having the greatest allowance shall make the first trial, and so on, in regular order, up to the competitor at scratch or with least allowance, who shall have the last trial.

#### RULE XXII. JUMPING.

SECTION 1. A fair jump shall be one that is made without the assistance of weights, diving, somersaults or hand springs of any kind. Displacing the bar constitutes a trial.

#### THE RUNNING HIGH JUMP.

SEC. 2. The Field Judges shall decide the height at which the jump shall commence, and shall regulate the succeeding elevations.

Each competitor shall be allowed three trial jumps at each height, and if on the third trial he shall fail to clear the bar, he shall be declared out of the competition.

At each successive height each competitor shall take one trial in his proper turn, then those failing, if any, shall have their second trial jump in a like order, after which those having failed twice shall make their third trial jump.

The jump shall be made over a one-inch square bar resting on pins projecting not more than three inches from the uprights, and when this bar is removed from its place it shall be counted as a trial jump.

Running under the bar in making an attempt to jump shall be

counted as a "balk," and three successive "balks" shall be counted as a trial jump.

The distance of the run before the jump shall be unlimited.

The height of the bar at starting and at each successive elevation shall be determined by the officials.

A competitor may decline to jump at any height in his turn, and, by so doing, forfeits his right to again jump at the height declined. Having attempted to jump any height it must be cleared before another height can be attempted.

SEC. 3. *The Standing High Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear from the ground or slide it along the ground in any direction. With these exceptions the rules governing the Running High Jump shall also govern the Standing High Jump.

SEC. 4. *The Running Broad Jump.* When jumped on earth a joist five inches wide shall be sunk flush with it. The outer edge of this joist shall be called the scratch line, and the measurement of all jumps shall be made from it at right angles to the nearest break in the ground made by any part of the person of the competitor.

In front of the scratch line the ground shall be removed to the depth of three and the width of twelve inches outward.

A foul jump shall be one where the competitor in jumping off the scratch line touches the ground immediately in front of it, or runs over the line without jumping, and shall count as a trial jump without result.

Each competitor shall have three trial jumps, and the best three shall each have three more trial jumps.

The competition shall be decided by the best of all the trial jumps of the competition.

The distance of the run before the scratch line shall be unlimited.

SEC. 5. *The Pole Vault.* Poles shall be furnished by the organization giving the games, but contestants may use their private poles if they so desire, and no contestant shall be allowed to use any of these private poles except by the consent of its owner. The poles shall be unlimited as to size and weight, but shall have no assisting devices, except that they be wound or wrapped with any substance for the purpose of affording a firmer grasp, and may have one prong at the lower end.



No competitor shall during his vault raise the hand which was uppermost when he left the ground to a higher point of the pole, nor shall he raise the hand which was undermost when he left the ground to any point on the pole above the other hand.

Any competitor shall be allowed to dig a hole not more than one foot in diameter at the take-off in which to plant his pole.

The height of the bar at starting and at each successive elevation shall be determined by the officials. A line shall be drawn fifteen feet in front of the bar and parallel with it: crossing this line in an attempt shall constitute a balk. Two balks shall constitute a trial.

With these additions, the rules governing the Running High Jump shall also govern the Pole Vault for height, and the rules governing the Running Broad Jump shall also govern the Pole Vault for distance, except that when a man leaves the ground in an attempt it shall be counted a trial.

SEC. 6. *The Standing Broad Jump.* The feet of the competitor may be placed in any position, but shall leave the ground only once in making an attempt to jump. When the feet are lifted from the ground twice, or two springs are made in making the attempt, it shall count as a trial jump without result. A competitor may rock forward and back, lifting heels and toes alternately from the ground, but may not lift either foot clear of the ground, or slide it along the ground in any direction. In all other respects the rule governing the Running Broad Jump shall also govern the Standing Broad Jump.

SEC. 7. *The Three Standing Broad Jumps.* The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. In all other respects the rules governing the Standing Broad Jump shall also govern the Three Standing Broad Jumps.

SEC. 8. *Running Hop, Step and Jump.* The competitor shall first land upon the same foot with which he shall have taken off. The reverse foot shall be used for the second landing, and both feet shall be used for the third landing. In all other respects the rules governing the Running Broad Jump shall also govern the Running Hop, Step and Jump.

SEC. 9. *The Two Standing Broad Jumps.* The rules as outlined for three jumps shall govern, except that the individual shall take but two jumps.

SEC. 10. *Standing Hop, Step and Jump.* The contestant shall stand upon one foot; shall spring therefrom, alighting upon the same. He shall then take a step and then a jump. With this exception, the rule for the Three Broad Jumps shall apply.

SEC. 11. *Running High Dive.* The contestant shall spring from the floor, pass head foremost over the stick. He may land on the floor or mat, he cannot be caught by an assistant.

SEC. 12. *Running High Jump from Springboard.* The highest point of the springboard shall not be more than twenty inches from the floor. In all other respects the rules governing the Running High Jump shall count.

SEC. 13. *Running High Dive from Springboard.* With the springboard as specified under Running High Jump from springboard. In other respects the rules for the Running High Dive shall apply.

SEC. 14. *Running Long Dive.* The contestant, in alighting, shall strike his hands first, and shall then do a forward roll. In all other respects the rules for the Running Broad Jump shall apply.

#### RULE XXIV. PUTTING THE SHOT.

The shot shall be a solid sphere, made of metal. For indoor purposes the ordinary "indoor shot" may be used.

It shall be put with one hand, and in making the attempt it shall be above and not behind the shoulder.

All puts shall be made from a circle seven feet in diameter. The circle to be a metal or wooden ring, painted or whitewashed, and sunk almost flush with the turf, and it shall be divided into two halves by a line drawn through the center. In the middle of the circumference of the front half shall be placed a stop-board four feet long, four inches high, and firmly fastened to the ground. In making his puts, the feet of the competitor may rest against, but not on top of this board.

A fair put shall be one in which no part of the person of the competitor touches the top of the stop-board or the ground outside the circle, and the competitor leaves the circle by its rear half. A put shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle or the top of the stop board before the put is measured.

The measurement of each put shall be from the nearest mark made by the fall of the shot to the inside circumference of the circle on a line from the mark made by the shot to the center of the circle.

Foul puts and letting go the shot in making an attempt shall be counted as trial puts without result.

A board similar to the one in front may be used at the back of the circle. Shots must be weighed on the grounds by the judges of the event immediately prior to the contest.

The number of trials and methods of decision shall be the

same as for the Running Broad Jump. Shots shall be furnished by the games committee. Any contestant may use his private shot, if correct in weight and shape, in which case the other contestants may also be allowed to use it if they wish.

#### RULE XXIV. THROWING THE HAMMER.

SECTION 1. *With Turn.* The head and handle may be of any size, shape and material, provided that the length of the complete implement shall not be more than four feet and its weight not less than twelve or sixteen pounds.

The competitor may assume any position he chooses, and use either one or both hands.

All throws shall be made from a circle seven feet in diameter, and this circle shall be divided into two halves by a line drawn through its center.

A fair throw shall be one in which no part of the person of the competitor touches the ground outside the circle, and the competitor leaves the circle by its rear half. A throw shall be foul if any part of the person of the competitor touch the ground outside the front half of the circle before the throw is measured.

Foul throws and letting go of the hammer in an attempt shall count as trial throws.

The measurement of each throw shall be from the nearest mark made by the fall of the head of the hammer to the inside circumference of the circle, on a line from the mark made by the head of the hammer to the centre of the circle.

The number of trials and methods of decision shall be the same as in the Running Broad Jump.

Hammers shall be furnished by the Games Committee. Any contestant may use his private hammer, if correct in weight and length, in which case the other contestants may use it *only with the owner's permission*.

SEC. 2. *Throwing the Hammer Without Turn.* The throw shall be made under all the conditions outlined in Throwing the Hammer with Turn, except that: The body of the contestant shall not make more than half a turn during the preliminary swings or the throw itself.

SEC. 3. Hammers must be weighed and measured on the grounds by the judges of that event immediately prior to the contest.

#### RULE XXV. THROWING THE DISCUS.

The discus shall be of smooth, hard-wood body, without finger holes, weighted in center with lead discs and capped with pol-

ished brass discs, with steel ring on the outside. The weight of the discus shall be four and one-half ( $4\frac{1}{2}$ ) pounds; outside diameter, eight (8) inches; thickness in center, two (2) inches.

The circle for throwing the discus shall be similar in all respects to that of throwing the 16-pound hammer.

In making his throws the competitor may assume any position he pleases, and the rules governing a "fair throw" to be the same as the hammer.

A discus shall be furnished by the Games Committee. Any competitor may use his private discus, if correct in weight and shape, in which case the other contestants shall be allowed to use it if they wish.

The measurement of each throw shall be made from the nearest mark made by the fall of the discus to the inside circumference of the circle on a line from the mark made by the discus to the center of the circle.

#### RULE XXVI. THROWING THE DISCUS (GREEK STYLE).

The discus shall weigh not less than  $4\frac{1}{2}$  lbs., and shall be made of wood, encircled with a smooth iron rim. The discus shall be 8 inches in its horizontal diameter and 2 inches in its vertical diameter through the center. The center on each side of the discus shall be capped with a smooth metal plate  $2\frac{7}{8}$  inches in diameter. No special discus shall be allowed, but a competitor may use his own discus, provided it is the approved shape and correct in weight, in which case the other competitors are at liberty to use it also.

It shall be thrown from a square pedestal or box of dirt 30 inches long and 27 inches broad and sloping forward with a height of 2 inches in front and 8 inches behind. A whitewash line shall be drawn across the pedestal 15 inches from the front board, and in throwing, the competitor must keep his front or right foot forward of this line, with the left foot behind it. Another whitewash line shall be drawn parallel to the front board of the pedestal and extending 15 feet on each side or 30 feet in all. From the extreme ends of this line two lines shall be drawn, parallel and at right angles to the base line, out on the throwing ground for a distance of 130 feet. These lines shall form a boundary for the throws, and any throw falling on the outside to be declared foul.

To execute the throw, the competitor places himself in the pedestal with the feet apart, the right foot forward, provided he is right handed, and vice versa, if he is left handed, and holding the discus in either hand. He then grasps it with both hands and raises it straight above his head. As the discus is held aloft the

body should lean forward slightly, and as the thrower starts to make his effort the trunk should be turned slightly to the right and the body bent sharply so that the left hand when free swings outside and below the right knee and the right holding the discus is stretched as far back as the extension of the shoulder will allow. At this moment the right knee should be bent, with the foot resting full on the sole, the left leg almost straight, and the foot resting on the toes. Then, by a sharp and simultaneous exertion of the whole body, the thrower scales the discus away in front of him. The critical part of the throw is the action of the arm at the moment of delivery. The final sweep of the arm must be distinctly by the side and be clearly in an underhand direction. Round arm, like a cricket bowler, horizontal arch, or overarm swings to be foul. Neither must there be the least tendency of the arm to swing around the body.

The measurement of the throw to be from the center of the pedestal to where the discus first strikes the ground.

The thrower may leave the pedestal at the moment of throwing.

Trials and other conditions of competition to be the same as the 16-lb. hammer, shot, or 56-lb. weight.

## RULE XXVII. SWIMMING.

SECTION 1. Officials shall consist of one Referee, three Judges at the Finish, three Timekeepers, one Starter, one Clerk of the Course with assistants, if necessary.

SEC. 2. Duties and powers of these officials shall be the same as is prescribed for them in the foregoing rules.

SEC. 3. In the 25, 50 and 100 yards swimming races each competitor shall stand with one or both feet on the starting line, and when the signal is given, shall plunge. Stepping back, either before or after the signal, will not be allowed.

SEC. 4. The start for longer races shall be the same as the 100 yards, except that competitors may start in the water (tread-water start) from an imaginary line.

SEC. 5. Each competitor shall keep a straight course, parallel with the courses of the other competitors, from the starting station to the opposite point in the finish line. Competitors will be started ten feet apart, and each one is entitled to a straight lane of water, ten feet wide, from start to finish. Any contestant who, when out of his own water, shall touch another competitor, is liable to disqualification from that event, subject to the discretion of the Referee.

SEC. 6. Each competitor shall have finished the race when any part of his person reaches the finish line.

SEC. 7. In all handicap competitions a check starter shall be

appointed, whose duty it shall be to see that no contestant starts before his proper time. He shall report any violation of this rule to the Referee, who shall disqualify such competitor, should his finish affect the result of the race.

SEC. 8. *Back Stroke*.—The competitors shall line up in the water, facing the starting end, with both hands resting on the end or rail of the bath. At the word "Go," the competitors shall push off on their backs and commence and continue swimming upon their backs throughout the race. At each end of the bath, in turning, competitors shall place both hands on the end or rail of the bath before pushing off, as at the commencement of the race. The Referee shall have absolute discretion to disqualify any competitor under this clause.

SEC. 9. *Breast Stroke*.—At the word "Go" or pistol shot, the competitors shall dive and swim on the breast. Both hands must be pushed forward and brought backward simultaneously. The body must be kept perfectly on the breast, and both shoulders on line with the surface of the water. When touching at the turn or finishing a race the touch shall be made with both hands simultaneously. Any competitor introducing or using a side stroke movement during the race to be disqualified. The Referee shall have absolute discretion to disqualify any competitor under this clause.

SEC. 10. *Diving*.—The take-offs for fancy outdoor diving shall consist of three heights—ten, twenty and thirty feet.

There shall be five regulation dives—plain front, plain back, front jack-knife, back jack-knife and one-and-a-half dives.

There shall also be three special dives, to be selected by each of the contestants, but in no case shall such contestant be permitted to give one of the five regulation dives as one of the specials.

In the front jack-knife dive the contestant must strike the water with his head within six feet of a straight line drawn from the edge of the take-off. This same rule applies to the back jack-knife. All dives must be made head first, and in the special dives a performance in which the contestant enters the water feet first will not be recognized.

There shall be three judges of diving who shall keep separate scores and not be allowed to consult, and the maximum number of points to be given for each of the dives shall be as follows:

#### PLAIN FRONT AND BACK DIVES.

From the top board.....	7
From the intermediate board.....	6
From the lower board.....	5

## FRONT AND BACK JACK-KNIFE.

From the top board.....	8
From the intermediate board.....	7
From the lower board.....	6

## ONE-AND-A-HALF DIVE.

From the top board.....	10
From the intermediate board.....	9
From the lower board.....	8

## SPECIAL DIVES.

From the top board.....	15
From the intermediate board.....	10
From the lower board.....	8

The fancy diving indoor championship shall be decided from a board at a maximum height of ten feet from the water and a minimum of six feet, the dives to be given as in outdoor events, the points to count as follows:

Plain front and back dives, maximum of.....	5
Front and back jack-knife, maximum of.....	6
One-and-a-half, maximum of.....	10
Special Dives, maximum of.....	12

SEC. II. *Plunge for Distance*.—The maximum height of take-off for the plunge for distance shall be limited to eighteen inches above the surface of the water.

A plunge shall be a standing dive, made head first from an indicated firm take-off (i.e., "diving base"), free from spring. The body is to be kept motionless—face downward—and no progressive action to be imparted to it other than impetus of the dive.

The plunge shall terminate, if the competitor has not already raised his face above the surface of the water, at the expiration of 60 seconds, or such time as may have been previously announced by the promoting body. The duration of such plunge shall be reckoned from the time the competitor dives from the take-off.

At the finish of any plunge the competitor must leave the water as quietly as possible. Any one disturbing the water so as to interfere with the progress of the competitor following to be disqualified.

The distance traversed in a plunge shall be measured along a straight line, at right angles to the diving base, to a line parallel to the diving base, over the farthest point reached by any portion of the competitor's body while fulfilling the above conditions.

In the plunge and swim for distance under water, the same rules for the plunge for distance shall govern, except that the contestant may use any stroke he chooses and may touch the ends or sides of the pool as often as he pleases. His distance shall be taken from the starting line to the nearest point at which any part of the head rises above the surface of the water.

In championship or level contests each competitor shall be allowed three plunges, and the farthest plunge shall win. In handicaps, the number of plunges shall be left to the discretion of the promoting club.

When a contestant touches the side of the tank or pool, his distance shall be taken and he shall be compelled to stop.

A line may be made or painted along the bottom of the pool or tank to enable the contestants to guide themselves.

SEC. 12. *Miscellaneous*.—A competitor in turning must touch the end of the bath or course with one or both hands before kicking off.

The contestant in a handicap race who has the lowest handicap shall have the choice of position.

Where two men are on the same mark they shall draw for choice of position.

In case of a dead heat in a handicap the contestant with the lowest handicap shall be declared the winner. Where a dead heat occurs between two men on the same mark the tie shall be decided by a swim-off on the same day, or the one refusing to swim shall be given the second prize.

Choice of position shall be drawn for in races other than handicap.

When a trophy or prize is given to a club scoring the greatest number of points in a meeting the points shall be counted as follows:

First in swim, plunge or dive.....	5
Second in swim, plunge or dive.....	3
Third in swim, plunge or dive.....	1
First relay .....	10
Second relay .....	6
Third relay .....	2
First water polo .....	15
Second water polo .....	9
Third water polo .....	3

No record shall be accepted for a swimming race that has been made in a tank or pool less than forty feet in length.

No performance made in a handicap competition shall be allowed as a record unless at least three watches shall have been started on the competitor claiming such record.



No record shall be allowed for an indoor performance where the distance does not finish at the end of the bath or tank, unless a rope or rod to indicate the finish is stretched across the bath or tank at a sufficient height from the surface of the water not to interfere with the swimmer, and the time taken when the competitor's head passes the line.

In all relay races where contestants start from the end of a pool or from a float, the signal to start for each relay (except the first) shall be the touching of the pool or float by the swimmer.

### RULE XXVIII. ROPE CLIMBING.

SECTION 1. The rope, measured from the floor to a tambourine or bell fastened above, shall be eighteen feet.

SEC. 2. The start shall be by a pistol shot, and the time taken from the flash to the touching of the bell or tambourine.

SEC. 3. Each contestant shall sit on the floor, with thighs flexed (legs extended in front), and shall not touch the floor with any part of his person after the pistol shot.

SEC. 4. Each contestant shall be allowed but one trial.

SEC. 5. The rope must not have any assisting devices such as knots, balls, etc.

### RULE XXIX. FENCE VAULT.

*Fence Vault.* A mattress shall be suspended from the bar. The contestant shall stand on the floor. His hands must be on the bar when the spring is made. In making the spring, his feet shall leave the floor but once. There must be no stop in the motion of the trunk until the floor is reached. No part of the person may touch the suspended mattress. No part of the person, excepting the hands, shall touch the bar. The head must not be carried below the lower surface of the bar.

### RULE XXX. KICKING.

SECTION 1. *Running High Kick.* The contestant must spring from the floor, and his foot must kick the tambourine.

SEC. 2. *Running Hitch and Kick.* The contestant must spring from the floor and kick the tambourine with the same foot from which the spring is made. He must alight upon the same foot, and make at least two complete hops before touching anything with any other part of his person.

SEC. 3. *Double Kick.* Should be done the same as the High Kick, excepting that both feet must touch the tambourine at the same time. There shall be no assistance in alighting.

GOAL

GOAL  
SECTION

4 FT. LINE

15 FT. LINE

CENTRE LINE

15 FT. LINE

4 FT. LINE

GOAL  
SECTION

GOAL

## AMERICAN RULES OF WATER POLO

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1. The ball shall be the regulation white rubber Association foot ball not less than 7 inches nor more than 8 inches in diameter.

2. The goals shall be spaces 4 feet long and 12 inches wide marked "Goal" in large letters. One shall be placed at either end of the tank, 18 inches above the water-line equally distant from either side.

3. To score a goal the goal must be touched by the ball in the hand of an opposing player and the greatest number of goals shall count game.

4. The ball shall be kept on or as near the surface of the water as possible and shall never intentionally be carried under water. No goal shall be allowed when scored by an under-water pass.

5. The contesting teams shall consist of six a side, with two reserve men who can be substituted at any time when the ball is not in play. A player withdrawn cannot return to play. Only six prizes shall be given to the winning team.

6. Time of play shall be 16 minutes actual time, divided in two halves of 8 minutes each and 5 minutes' rest between halves. Time occupied by disputes, free trials for goal, repairing suits, and lining up after a goal has been scored shall not be reckoned as time of play.

7. The captains shall be playing members of teams they represent and shall toss for choice of ends of tank. The ends shall be changed at half time.

8. The Referee shall throw the ball in the center of the tank and the start for the ball shall be made only at the sound of the whistle.

9. A ball going out of the tank shall be returned to the place from which it was thrown and given to the opposing team.

10. A mark shall be made four feet from each goal on the side of the tank and an imaginary line between these marks shall be called the four-foot line. No man will be allowed within this line until the ball is within it. The goal tenders, limited to two, of the defending side are alone exempt from this rule. When the ball is within the goal line the goal tenders shall not be allowed any artificial support other than the bottom of the tank.

11. No player is allowed to interfere with an opponent unless such an opponent is within four feet of the ball, except when the ball is within the goal section, when indiscriminate tackling will be allowed in the goal section. The goal section to be a space of four feet by eight feet within the goal line and between two parallel lines drawn at right angles to the goal line and distant two feet from either end of the goal.

12. Upon a goal being gained, the opposite teams shall go to their own end of the tank, and the ball shall be thrown by the Referee into the center and play started as at beginning of game.

13. Each team shall have two judges, one at each goal line who, upon a goal being made, shall notify the Referee and announce the same.

Only in case the judges disagree shall the Referee have power to decide whether a goal be fairly made or not.

14. The Referee shall decide all fouls, and if in his opinion a player commits a foul he shall caution the team for the first offence and give the opponents a free trial for goal at each succeeding foul.

A free trial for goal will be given by lining up three backs of the defending team within the 4-foot line and giving three forwards of the opposing team the ball on the 15-foot line, when they may try for a goal until a goal is scored or the ball goes outside the 15-foot line. Only three men from each side will be allowed within the 15-foot line, until the ball goes outside that line or a goal is scored.

Fouls—It shall be a foul to tackle an opponent if the ball is not within four feet of him or to hold him by any part of his costume. It shall be a foul to cross the 4-foot line ahead of the ball, unless forced over by an opponent, or to hang on to the sides of the tank except for the purpose of resting.

Unnecessary rough work may, within the discrimination of the Referee, either be counted a foul or the Referee may put the offender out of the tank until a goal is scored or the half ends.

# PENTATHLON RULES

LUTHER HALSEY GULICK, M.D.

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## I. EVENTS.

The events shall be the 100 yard run, throwing a 12-pound hammer, running high jump, pole vaulting for height, and 1 mile run.

## II. OFFICERS.

The meeting shall be under the direction of a referee, clerk of the course, judge of jumping, judge of pole vaulting, judge of hammer throwing, judge of 100 yard run, judge of mile run, not less than three timers, one starter, one scorer, a marshal, and an official reporter.

There shall be as many assistants to these officers as the referee may determine and appoint.

## III. DUTIES OF OFFICERS.

SECTION 1. *The Referee* shall have general direction of the games, and shall have final authority in all questions of dispute. He shall also appoint as many assistants to any officer as in his judgment are required. Ordinarily there should be one assistant to each of the judges of jumping, vaulting, and hammer throwing for every ten contestants, and as many assistants in the dash as there are men to be run in a heat.

SEC. 2. *The Clerk of the Course* shall furnish a number to each competitor by which he shall be known. He shall form the contestants into groups of not more than ten, and shall place in charge of each group an assistant. It shall be the duty of the assistant to see that the men under his care go through all the work without undue delay between events. He shall keep each contestant absolutely within his group.

SEC. 3. *The Judge for each event* shall have, under the referee, full charge in his department. He shall be responsible to see that all men put in his care are carried through the event fairly and as expeditiously as possible. Upon the completion of any event by a contestant the judge shall at once give his number to the assistant clerk in whose charge he is, and also give his number and score to the scorer.

SEC. 4. *The Starter* shall control the competitors at the mark. No appeal shall be made from his decisions as to whether a start was made before the pistol flash or not. In the 100 yard dash a false start shall put the runner back one yard, a second

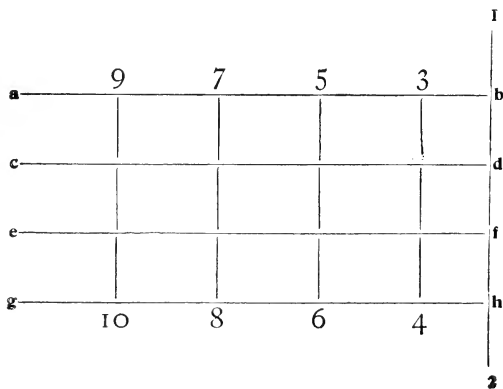
false start an additional yard, and a third false start shall disqualify the runner for that event.

SEC. 5. *The Judge in Hammer Throwing* shall measure each throw and record the same with the number of the competitor who made it. He shall be judge as to whether the hammer was thrown in accord with the rules, and shall report to the scorer the best record made by each contestant as soon as possible after the close of the event.

SEC. 6. *The Judge of Running High Jumps* shall measure the best jump of each contestant, shall judge as to the fairness of any jump, shall keep record of and report to the scorer the best fair jump of each contestant promptly at the close of the event.

SEC. 7. *The Judge of Pole Vaulting* for height shall have the same duties for this event as the judge for running high jump. See Section 6.

SEC. 8. *Judge of Run.* The timers shall give to the judge the time made by the leading man of each heat. As the leading man of each heat breasts the tape the judge shall fire a pistol. In cases where it is of great importance that there be no mis-fire, it is recommended that the judge use two pistols, one with each hand, and fire them simultaneously. There shall be an assistant for each man in the heat. It shall be his duty to mark, as accurately as possible, the exact location of the chest of his man when the pistol is fired. He shall hold this mark till it has been taken by the judge. The track shall be marked as follows:



The line 1-2 is the finish.

The lines a-b, c-d, e-f, g-h form the lanes in which the contestants are to run.

The line 3-4 is drawn three feet from the line 1-2; the lines 5-6, 7-8, 9-10 are drawn at regular intervals of six feet.

Each contestant shall have as many fifths of a second added to the score of the leading man as there are transverse lines between them when the finish pistol is fired. When a man is on a line it is to count as one-half a fifth, equivalent to five points. If a man were on the line 5-6 when the pistol was fired, and the time given was eleven seconds, there is one line between the two men; this adds one-fifth second; being on the line adds one-tenth more, making eleven and three-tenths seconds. If he had been just behind this line the score would have been eleven and two-fifths seconds, or if just in front, eleven and one-fifth seconds.

SEC. 9. *Timers.* Not less than three watches shall be held on the leading man in each heat.

SEC. 10. *The Scorer* shall keep a complete list of competitors and credit each man with his performance, as reported to him by the judges or timers of that event. He shall also reduce the records of the performance in the different events by each individual to the standard table, and shall record the number of points made in each event by each man. A man passing the upper limit in any event shall be credited proportionately. No mark less than zero shall be given, even in case the record falls below the measure indicated for zero.

SEC. 11. *The Reporter* shall keep upon a blackboard, suitably prepared, the number of points made by each man; shall make announcements to the spectators, and, as far as possible, keep them intelligently informed of the contest and its progress.

SEC. 12. *The Marshal* shall have full police charge, and see that spectators are kept in the place assigned to them.

#### IV. RECORDS.

Records shall be accepted only for the five stated events. Any may be omitted, however, the contestant receiving zero in each such event.

#### V. NUMBERS.

Each competitor shall receive from the clerk of the course, and shall fasten upon his person in a conspicuous place, a number by which he shall be known in that competition.

#### VI. RUNNING.

In races on straight tracks competitors shall keep their own positions on the track from start to finish.

## VII. RUNNING HIGH JUMP AND POLE VAULTING.

The stick shall be started as nearly as possible to three feet and six inches from the ground in the high jump and five feet and ten inches in the pole vault. It shall be raised thereafter two inches at a time in the high jump and four inches in the pole vault. Displacing the bar is a failure. Each contestant shall be allowed but ten jumps, and not more than three jumps at any one height. Every height attempted must be cleared before another can be tried. The best one shall be counted. Contestants shall jump in regular order, as called for by the judge. A contestant may omit his jump at any height, but he cannot in any case try a height after once having "passed" it. The jump shall be made over a square bar. Three successive balks shall count as one failure, and thus be one of the ten jumps called for. It is a trial if the contestant leaves the ground in an attempt in the pole vault. It is a balk if the contestant runs under the bar in the high jump or pole vault. The "dive" is not allowed. There shall be one set of jump standards for every ten contestants. The pole vault standards may have any support in which to stick the pole. It must, however, be no higher than the surface of the ground. Private poles may be used, but only by owners or with their permission.

## VIII. THROWING THE HAMMER.

The hammer shall not be more than four feet in length, and shall weigh not less than twelve pounds. Fulfilling these conditions, it may be of any size, shape or material. The hammer shall be thrown from a circle having a radius of three and one-half feet. But three attempts shall be allowed. An attempt is as follows: When the competitor takes his place inside the circle with the hammer, then lets go of the hammer and the head strikes outside of this circle, it is a try. The distance shall be measured from the nearest break in the ground caused by the hammer head to the nearest point in the circumference of the circle. A foul shall count as an attempt, but shall not be measured. A foul is as follows: When a contestant has thrown the hammer, and any portion of his person touches the ground outside the line of the half circle in the direction of the throw before the distance has been measured. No "turn" is allowed. Private hammers may be used, but only by the owners or with their permission.

Judges must weigh and measure all hammers.

## IX. RANK.

Every contestant scoring a total of two hundred points or over shall be entitled to bronze or third grade, with medal hav-



ing bronze bars and silver pendant. Three hundred points constitute the lower limit of the silver or second grade, with medal having silver bar and pendant, and also official certificate. Four hundred points entitle contestant to gold, or first grade.

#### X. ORDER.

The events shall begin with the dash and end with the mile run. The high jump and hammer throw shall precede the pole vault.

#### XI. REGISTRATION AND SANCTION.

In the official Pentathlon, where men from one or more Young Men's Christian Associations compete, registration is not required. If open to other organizations, registration is required. Sanction in both instances is necessary.

#### XII. FURTHER ARRANGEMENTS.

Further arrangements shall be made by the referee.

## SCORING TABLE.

Rank	100-yd. Run.	12-lb. Hammer.	Running High Jump.	Pole Vault.	1-mile Run.	Rank
	sec.	ft. in.	ft. in.	ft. in.	min. sec.	
0	12 2-5	50	3 6	5 10	6 40	0
1		50 6	3 6 1-4	5 10 1-2	6 39	1
2		51	3 6 1-2	5 11	6 38	2
3		51 6	3 6 3-4	5 11 1-2	6 37	3
4		52	3 7	6	6 36	4
5		52 6	3 7 1-4	6 0 1-2	6 35	5
6		53	3 7 1-2	6 1	6 34	6
7		53 6	3 7 3-4	6 1 1-2	6 33	7
8		54	3 8	6 2	6 32	8
9		54 6	3 8 1-4	6 2 1-2	6 31	9
10	12 1-5	55	3 8 1-2	6 3	6 30	10
11		55 6	3 8 3-4	6 3 1-2	6 29	11
12		56	3 9	6 4	6 28	12
13		56 6	3 9 1-4	6 4 1-2	6 27	13
14		57	3 9 1-2	6 5	6 26	14
15		57 6	3 9 3-4	6 5 1-2	6 25	15
16		58	3 10	6 6	6 24	16
17		58 6	3 10 1-4	6 6 1-2	6 23	17
18		59	3 10 1-2	6 7	6 22	18
19		59 6	3 10 3-4	6 7 1-2	6 21	19
20	12	60	3 11	6 8	6 20	20
21		60 6	3 11 1-4	6 8 1-2	6 19	21
22		61	3 11 1-2	6 9	6 18	22
23		61 6	3 11 3-4	6 9 1-2	6 17	23
24		62	4	6 10	6 16	24
25		62 6	4 0 1-4	6 10 1-2	6 15	25
26		63	4 0 1-2	6 11	6 14	26
27		63 6	4 0 3-4	6 11 1-2	6 13	27
28		64	4 1	7	6 12	28
29		64 6	4 1 1-4	7 0 1-2	6 11	29
30	11 4-5	65	4 1 1-2	7 1	6 10	30
31		65 6	4 1 3-4	7 1 1-2	6 9	31
32		66	4 2	7 2	6 8	32
33		66 6	4 2 1-4	7 2 1-2	6 7	33
34		67	4 2 1-2	7 3	6 6	34
35		67 6	4 2 3-4	7 3 1-2	6 5	35
36		68	4 3	7 4	6 4	36
37		68 6	4 3 1-4	7 4 1-2	6 3	37
38		69	4 3 1-2	7 5	6 2	38
39		69 6	4 3 3-4	7 5 1-2	6 1	39
40	11 3-5	70	4 4	7 6	6	40
41		70 6	4 4 1-4	7 6 1-2	5 59	41
42		71	4 4 1-2	7 7	5 58	42
43		71 6	4 4 3-4	7 7 1-2	5 57	43
44		72	4 5	7 8	5 56	44
45		72 6	4 5 1-4	7 8 1-2	5 55	45
46		73	4 5 1-2	7 9	5 54	46
47		73 6	4 5 3-4	7 9 1-2	5 53	47
48		74	4 6	7 10	5 52	48
49		74 6	4 6 1-4	7 10 1-2	5 51	49

## SCORING TABLE—Continued.

Rank	100-yd. Run.	12-lb. Hammer.	Running High Jump.	Pole Vault.	1-mile Run.	Rank
	sec.	ft. in.	ft. in.	ft. in.	min. sec.	
50	11 2-5	75	4 6 1-2	7 11	5 50	50
51		75 6	4 6 3-4	7 11 1-2	5 49	51
52		76	4 7	8	5 48	52
53		76 6	4 7 1-4	8 0 1-2	5 47	53
54		77	4 7 1-2	8 1	5 46	54
55		77 6	4 7 3-4	8 1 1-2	5 45	55
56		78	4 8	8 2	5 44	56
57		78 6	4 8 1-4	8 2 1-2	5 43	57
58		79	4 8 1-2	8 3	5 42	58
59		79 6	4 8 3-4	8 3 1-2	5 41	59
60	11 1-5	80	4 9	8 4	5 40	60
61		80 6	4 9 1-4	8 4 1-2	5 39	61
62		81	4 9 1-2	8 5	5 38	62
63		81 6	4 9 3-4	8 5 1-2	5 37	63
64		82	4 10	8 6	5 36	64
65		82 6	4 10 1-4	8 6 1-2	5 35	65
66		83	4 10 1-2	8 7	5 34	66
67		83 6	4 10 3-4	8 7 1-2	5 33	67
68		84	4 11	8 8	5 32	68
69		84 6	4 11 1-4	8 8 1-2	5 31	69
70	11	85	4 11 1-2	8 9	5 30	70
71		85 6	4 11 3-4	8 9 1-2	5 29	71
72		86	5	8 10	5 28	72
73		86 6	5 0 1-4	8 10 1-2	5 27	73
74		87	5 0 1-2	8 11	5 26	74
75		87 6	5 0 3-4	8 11 1-2	5 25	75
76		88	5 1	9	5 24	76
77		88 6	5 1 1-4	9 0 1-2	5 23	77
78		89	5 1 1-2	9 1	5 22	78
79		89 6	5 1 3-4	9 1 1-2	5 21	79
80	10 4-5	90	5 2	9 2	5 20	80
81		90 6	5 2 1-4	9 2 1-2	5 19	81
82		91	5 2 1-2	9 3	5 18	82
83		91 6	5 2 3-4	9 3 1-2	5 17	83
84		92	5 3	9 4	5 16	84
85		92 6	5 3 1-4	9 4 1-2	5 15	85
86		93	5 3 1-2	9 5	5 14	86
87		93 6	5 3 3-4	9 5 1-2	5 13	87
88		94	5 4	9 6	5 12	88
89		94 6	5 4 1-4	9 6 1-2	5 11	89
90	10 3-5	95	5 4 1-2	9 7	5 10	90
91		95 6	5 4 3-4	9 7 1-2	5 9	91
92		96	5 5	9 8	5 8	92
93		96 6	5 5 1-4	9 8 1-2	5 7	93
94		97	5 5 1-2	9 9	5 6	94
95		97 6	5 5 3-4	9 9 1-2	5 5	95
96		98	5 6	9 10	5 4	96
97		98 6	5 6 1-4	9 10 1-2	5 3	97
98		99	5 6 1-2	9 11	5 2	98
99		99 6	5 6 3-4	9 11 1-2	5 1	99
100	10 2-5	100	5 7 *	10	5	100

## SCORING TABLE.

Rank	50-yd. Run.	75-yd. Run.	150-yd. Run.	200-yd. Run.	220 yd. Run.	Rank
0	sec. 6 2-5	sec. 9 1-5	sec. 18 4-5	sec. 25	sec. 27 1-5	0
1						1
2						2
3						3
4						4
5				24 4-5	27	5
6			18 3-5			6
7						7
8						8
9						9
10				24 3-5	26 4-5	10
11						11
12						12
13			18 2-5			13
14		8				14
15				24 2-5	26 3-5	15
16						16
17						17
18						18
19						19
20	6 1-5		18 1-5	24 1-5	26 2-5	20
21						21
22						22
23						23
24						24
25				24	26 1-5	25
26			18			26
27						27
28		8 4-5				28
29						29
30				23 4-5	26	30
31						31
32						32
33			17 4-5			33
34						34
35				23 3-5	25 4-5	35
36						36
37						37
38						38
39						39
40	6		17 3-5	23 2-5	25 3-5	40
41						41
42		8 3-5				42
43						43
44						44
45				23 1-5	25 2-5	45
46			17 2-5			46
47						47
48						48
49						49

## SCORING TABLE—Continued.

Rank	50-yd. Run.	75-yd. Run.	150-yd. Run.	200-yd. Run.	220-yd. Run.	Rank
50	sec.	sec.	sec.	sec.	sec.	50
51				23	25 1-5	51
52						52
53			17 1-5			53
54						54
55				22 4-5	25	55
56						56
57		8 2-5				57
58						58
59						59
60	5 4-5		17	22 3-5	24 4-5	60
61						61
62						62
63						63
64						64
65				22 2-5	24 3-5	65
66						66
67			16 4-5			67
68						68
69						69
70				22 1-5	24 2-5	70
71		8 1-5				71
72						72
73			16 3-5			73
74						74
75				22	24 1-5	75
76						76
77						77
78						78
79						79
80	5 3-5		16 2-5	21 4-5	24	80
81						81
82						82
83						83
84						84
85				21 3-5	23 4-5	85
86		8				86
87			16 1-5			87
88						88
89						89
90				21 2-5	23 3-5	90
91						91
92						92
93			16			93
94						94
95				21 1-5	23 2-5	95
96						96
97						97
98						98
99						99
100	5 2-5	7 4-5	15 4-5	21	23 1-5	100

## SCORING TABLE.

Rank	300-yd. Run.	440-yd. Run.	880-yd. Run.	2-mile Run.	5-mile Run.	Rank
	sec.	sec.	min. sec.	min. sec.	min. sec.	
0	50	73	2 50	13 50	40	0
1		72 4-5		13 48	39 54	1
2	49 4-5	72 3-5	2 49	13 46	39 48	2
3		72 2-5		13 44	39 42	3
4	49 3-5	72 1-5	2 48	13 42	39 36	4
5		72		13 40	39 30	5
6	49 2-5	71 4-5	2 47	13 38	39 24	6
7		71 3-5		13 36	39 18	7
8	49 1-5	71 2-5	2 46	13 34	39 12	8
9		71 1-5		13 32	39 6	9
10	49	71	2 45	13 30	39	10
11		70 4-5		13 28	38 54	11
12	48 4-5	70 3-5	2 44	13 26	38 48	12
13		70 2-5		13 24	38 42	13
14	48 3-5	70 1-5	2 43	13 22	38 36	14
15		70		13 20	38 30	15
16	48 2-5	69 4-5	2 42	13 18	38 24	16
17		69 3-5		13 16	38 18	17
18	48 1-5	69 2-5	2 41	13 14	38 12	18
19		69 1-5		13 12	38 6	19
20	48	69	2 40	13 10	38	20
21		68 4-5		13 8	37 54	21
22	47 4-5	68 3-5	2 39	13 6	37 48	22
23		68 2-5		13 4	37 42	23
24	47 3-5	68 1-5	2 38	13 2	37 36	24
25		68		13	37 30	25
26	47 2-5	67 4-5	2 37	12 58	37 24	26
27		67 3-5		12 56	37 18	27
28	47 1-5	67 2-5	2 36	12 54	37 12	28
29		67 1-5		12 52	37 6	29
30	47	67	2 35	12 50	37	30
31		66 4-5		12 48	36 54	31
32	46 4-5	66 3-5	2 34	12 46	36 48	32
33		66 2-5		12 44	36 42	33
34	46 3-5	66 1-5	2 33	12 42	36 36	34
35		66		12 40	36 30	35
36	45 2-5	65 4-5	2 32	12 38	36 24	36
37		65 3-5		12 36	36 18	37
38	46 1-5	65 2-5	2 31	12 34	36 12	38
39		65 1-5		12 32	36 6	39
40	45	65	2 30	12 30	36	40
41		64 4-5		12 28	35 54	41
42	45 4-5	64 3-5	2 29	12 26	35 48	42
43		64 2-5		12 24	35 42	43
44	45 3-5	64 1-5	2 28	12 22	35 36	44
45		64		12 20	35 30	45
46	45 2-5	63 4-5	2 27	12 18	35 24	46
47		63 3-5		12 16	35 18	47
48	45 1-5	63 2-5	2 26	12 14	35 12	48
49		63 1-5		12 12	35 6	49

## SCORING TABLE—Continued.

Rank	300-yd. Run.	440-yd. Run.	880-yd. Run.	2-mile Run.	5-mile Run.	Rank
	sec.	sec.	min. sec.	min. sec.	min. sec.	
50	45	63	2 23	12 10	35	50
51		62 4-5		12 8	34 54	51
52	44 4-5	62 3-5	2 24	12 6	34 48	52
53		62 2-5		12 4	34 42	53
54	44 3-5	62 1-5	2 23	12 2	34 36	54
55		62		12	34 30	55
56	44 2-5	61 4-5	2 22	11 58	34 24	56
57		61 3-5		11 56	34 18	57
58	44 1-5	61 2-5	2 21	11 54	34 12	58
59		61 1-5		11 52	34 6	59
60	44	61	2 20	11 50	34	60
61		60 4-5		11 48	33 54	61
62	43 4-5	60 3-5	2 19	11 46	33 48	62
63		60 2-5		11 44	33 42	63
64	43 3-5	60 1-5	2 18	11 42	33 36	64
65		60		11 40	33 30	65
66	43 2-5	59 4-5	2 17	11 38	33 24	66
67		59 3-5		11 36	33 18	67
68	43 1-5	59 2-5	2 16	11 34	33 12	68
69		59 1-5		11 32	33 6	69
70	43	59	2 15	11 30	33	70
71		58 4-5		11 28	32 54	71
72	42 4-5	58 3-5	2 14	11 26	32 48	72
73		58 2-5		11 24	32 42	73
74	42 3-5	58 1-5	2 13	11 22	32 36	74
75		58		11 20	32 30	75
76	42 2-5	57 4-5	2 12	11 18	32 24	76
77		57 3-5		11 16	32 18	77
78	42 1-5	57 2-5	2 11	11 14	32 12	78
79		57 1-5		11 12	32 6	79
80	42	57	2 10	11 10	32	80
81		56 4-5		11 8	31 54	81
82	41 4-5	56 3-5	2 9	11 6	31 48	82
83		56 2-5		11 4	31 42	83
84	41 3-5	56 1-5	2 8	11 2	31 36	84
85		56		11	31 30	85
86	41 2-5	55 4-5	2 7	10 58	31 24	86
87		55 3-5		10 56	31 18	87
88	41 1-5	55 2-5	2 6	10 54	31 12	88
89		55 1-5		10 52	31 6	89
90	41	55	2 5	10 50	31	90
91		54 4-5		10 48	30 54	91
92	40 4-5	54 3-5	2 4	10 46	30 48	92
93		54 2-5		10 44	30 42	93
94	40 3-5	54 1-5	2 3	10 42	30 36	94
95		54		10 40	30 30	95
96	40 2-5	53 4-5	2 2	10 38	30 24	96
97		53 3-5		10 36	30 18	97
98	40 1-5	53 2-5	2 1	10 34	30 12	98
99		53 1-5		10 32	30 6	99
100	40	53	2	10 30	30	100

## SCORING TABLE.

Rank	120-yd. Hurdle	220-yd. Hurdle.	Standing High Jump.		Standing Broad Jump.		Running Broad Jump.		Rank
	sec.	sec.	ft.	in.	ft.	in.	ft.	in.	
0	21	37	2	9	6		11	8	0
1			2	9 1-4	6	0 1-2	11	9	1
2		36 4-5	2	9 1-2	6	1	11	10	2
3			2	9 3-4	6	1 1-2	11	11	3
4		36 3-5	2	10	6	2	12		4
5	20 4-5		2	10 1-4	6	2 1-2	12	1	5
6		36 2-5	2	10 1-2	6	3	12	2	6
7			2	10 3-4	6	3 1-2	12	3	7
8		36 1-5	2	11	6	4	12	4	8
9			2	11 1-4	6	4 1-2	12	5	9
10	20 3-5	36	2	11 1-2	6	5	12	6	10
11			2	11 3-4	6	5 1-2	12	7	11
12		35 4-5	3		6	6	12	8	12
13			3	0 1-4	6	6 1-2	12	9	13
14		35 3-5	3	0 1-2	6	7	12	10	14
15	20 2-5		3	0 3-4	6	7 1-2	12	11	15
16		35 2-5	3	1	6	8	13		16
17			3	1 1-4	6	8 1-2	13	1	17
18		35 1-5	3	1 1-2	6	9	13	2	18
19			3	1 3-4	6	9 1-2	13	3	19
20	20 1-5	35	3	2	6	10	13	4	20
21			3	2 1-4	6	10 1-2	13	5	21
22		34 4-5	3	2 1-2	6	11	13	6	22
23			3	2 3-4	6	11 1-2	13	7	23
24		34 3-5	3	3	7		13	8	24
25	20		3	3 1-4	7	0 1-2	13	9	25
26		34 2-5	3	3 1 2	7	1	13	10	26
27			3	3 3-4	7	1 1-2	13	11	27
28		34 1-5	3	4	7	2	14		28
29			3	4 1-4	7	2 1-2	14	1	29
30	19 4-5	34	3	4 1-2	7	3	14	2	30
31			3	4 3-4	7	3 1-2	14	3	31
32		33 4-5	3	5	7	4	14	4	32
33			3	5 1-4	7	4 1-2	14	5	33
34		33 3-5	3	5 1-2	7	5	14	6	34
35	19 3-5		3	5 3-4	7	5 1 2	14	7	35
36		33 2-5	3	6	7	6	14	8	36
37			3	6 1-4	7	6 1-2	14	9	37
38		33 1-5	3	6 1-2	7	7	14	10	38
39			3	6 3-4	7	7 1-2	14	11	39
40	19 2-5	33	3	7	7	8	15		40
41			3	7 1-4	7	8 1-2	15	1	41
42		32 4-5	3	7 1-2	7	9	15	2	42
43			3	7 3-4	7	9 1-2	15	3	43
44		32 3-5	3	8	7	10	15	4	44
45	19 -5		3	8 1-4	7	10 1-2	15	5	45
46		32 2-5	3	8 1-2	7	11	15	6	46
47			3	8 3-4	7	11 1-2	15	7	47
48		32 1-5	3	9	8		15	8	48
49			3	9 1-4	8	0 1-2	15	9	49



## SCORING TABLE—Continued.

Rank	120-yd. Hurdle	220-yd. Hurdle.	Standing High Jump.		Standing Broad Jump.		Running Broad Jump.		Rank
	sec.	sec.	ft.	in.	ft.	in.	ft.	in.	
50	19	32	3	9 1-2	8	1	15	10	50
51			3	9 3-4	8	1 1-2	15	11	51
52		31 4-5	3	10	8	2	16		52
53			3	10 1-4	8	2 1-2	16	1	53
54		31 3-5	3	10 1-2	8	3	16	2	54
55	18 4-5		3	10 3-4	8	3 1-2	16	3	55
56		31 2-5	3	11	8	4	16	4	56
57			3	11 1-4	8	4 1-2	16	5	57
58		31 1-5	3	11 1-2	8	5	16	6	58
59			3	11 3-4	8	5 1-2	16	7	59
60	18 3-5	31	4		8	6	16	8	60
61			4	0 1-4	8	6 1-2	16	9	61
62		30 4-5	4	0 1-2	8	7	16	10	62
63			4	0 3-4	8	7 1-2	16	11	63
64		30 3-5	4	1	8	8	17		64
65	18 2-5		4	1 1-4	8	8 1-2	17	1	65
66		30 2-5	4	1 1-2	8	9	17	2	66
67			4	1 3-4	8	9 1-2	17	3	67
68		30 1-5	4	2	8	10	17	4	68
69			4	2 1-4	8	10 1-2	17	5	69
70	18 1-5	30	4	2 1-2	8	11	17	6	70
71			4	2 3-4	8	11 1-2	17	7	71
72		20 4-5	4	3	9		17	8	72
73			4	3 1-4	9	0 1-2	17	9	73
74		29 3-5	4	3 1-2	9	1	17	10	74
75	18		4	3 3-4	9	1 1-2	17	11	75
76		29 2-5	4	4	9	2	18		76
77			4	4 1-4	9	2 1-2	18	1	77
78		20 1-5	4	4 1-2	9	3	18	2	78
79			4	4 3-4	9	3 1-2	18	3	79
80	17 4-5	29	4	5	9	4	18	4	80
81			4	5 1-4	9	4 1-2	18	5	81
82		28 4-5	4	5 1-2	9	5	18	6	82
83			4	5 3-4	9	5 1-2	18	7	83
84		28 3-5	4	6	9	6	18	8	84
85	17 3-5		4	6 1-4	9	6 1-2	18	9	85
86		28 2-5	4	6 1-2	9	7	18	10	86
87			4	6 3-4	9	7 1-2	18	11	87
88		28 1-5	4	7	9	8	19		88
89			4	7 1-4	9	8 1-2	19	1	89
90	17 2-5	23	4	7 1-2	9	9	19	2	90
91			4	7 3-4	9	9 1-2	19	3	91
92		27 4-5	4	8	9	10	19	4	92
93			4	8 1-4	9	10 1-2	19	5	93
94		27 3-5	4	8 1-2	9	11	19	6	94
95	17 1-5		4	8 3-4	9	11 1-2	19	7	95
96		27 2-5	4	9	10		19	8	96
97			4	9 1-4	10	0 1-2	19	9	97
98		27 1-5	4	9 1-2	10	1	19	10	98
99			4	9 3-4	10	1 1-2	19	11	99
100	17	27	4	10	10	2	20		100

## SCORING TABLE.

Rank	2 Stand. Broad Jump.	3 Stand. Broad Jump.	Stand. Hop Step Jump.	Run. Hop Step and Jump.	Pole Vault Dist.	Rank
	ft. in.	ft. in.	ft. in.	ft. in.	ft. in.	
0	11 8	17	21 8	24	14	0
1	11 9	17 2	21 9	24 2	14 1	1
2	11 10	17 4	21 10	24 4	14 2	2
3	11 11	17 6	21 11	24 6	14 3	3
4	12	17 8	22	24 8	14 4	4
5	12 1	17 10	22 1	24 10	14 5	5
6	12 2	18	22 2	25	14 6	6
7	12 3	18 2	22 3	25 2	14 7	7
8	12 4	18 4	22 4	25 4	14 8	8
9	12 5	18 6	22 5	25 6	14 9	9
10	12 6	18 8	22 6	25 8	14 10	10
11	12 7	18 10	22 7	25 10	14 11	11
12	12 8	19	22 8	26	15	12
13	12 9	19 2	22 9	26 2	15 1	13
14	12 10	19 4	22 10	26 4	15 2	14
15	12 11	19 6	22 11	26 6	15 3	15
16	13	19 8	23	26 8	15 4	16
17	13 1	19 10	23 1	26 10	15 5	17
18	13 2	20	23 2	27	15 6	18
19	13 3	20 2	23 3	27 2	15 7	19
20	13 4	20 4	23 4	27 4	15 8	20
21	13 5	20 6	23 5	27 6	15 9	21
22	13 6	20 8	23 6	27 8	15 10	22
23	13 7	20 10	23 7	27 10	15 11	23
24	13 8	21	23 8	28	16	24
25	13 9	21 2	23 9	28 2	16 1	25
26	13 10	21 4	23 10	28 4	16 2	26
27	13 11	21 6	23 11	28 6	16 3	27
28	14	21 8	24	28 8	16 4	28
29	14 1	21 10	24 1	28 10	16 5	29
30	14 2	22	24 2	29	16 6	30
31	14 3	22 2	24 3	29 2	16 7	31
32	14 4	22 4	24 4	29 4	16 8	32
33	14 5	22 6	24 5	29 6	16 9	33
34	14 6	22 8	24 6	29 8	16 10	34
35	14 7	22 10	24 7	29 10	16 11	35
36	14 8	23	24 8	30	17	36
37	14 9	23 2	24 9	30 2	17 1	37
38	14 10	23 4	24 10	30 4	17 2	38
39	14 11	23 6	24 11	30 6	17 3	39
40	15	23 8	25	30 8	17 4	40
41	15 1	23 10	25 1	30 10	17 5	41
42	15 2	24	25 2	31	17 6	42
43	15 3	24 2	25 3	31 2	17 7	43
44	15 4	24 4	25 4	31 4	17 8	44
45	15 5	24 6	25 5	31 6	17 9	45
46	15 6	24 8	25 6	31 8	17 10	46
47	15 7	24 10	25 7	31 10	17 11	47
48	15 8	25	25 8	32	18	48
49	15 9	25 2	25 9	32 2	18 1	49

## SCORING TABLE—Continued.

Rank	2 Stand. Broad Jump.		3 Stand. Broad Jump.		Stand. Hop Step Jump.		Run.Hop Step and Jump.		Pole Vault Dist.		Rank
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
50	15	10	25	4	25	10	32	4	18	2	50
51	15	11	25	6	25	11	32	6	18	3	51
52	16		25	8	26		32	8	18	4	52
53	16	1	25	10	26	1	32	10	18	5	53
54	16	2	26		26	2	33		18	6	54
55	16	3	26	2	26	3	33	2	18	7	55
56	16	4	26	4	26	4	33	4	18	8	56
57	16	5	26	6	26	5	33	6	18	9	57
58	16	6	26	8	26	6	33	8	18	10	58
59	16	7	26	10	26	7	33	10	18	11	59
60	16	8	27		26	8	34		19		60
61	16	9	27	2	26	9	34	2	19	1	61
62	16	10	27	4	26	10	34	4	19	2	62
63	16	11	27	6	26	11	34	6	19	3	63
64	17		27	8	27		34	8	19	4	64
65	17	1	27	10	27	1	34	10	19	5	65
66	17	2	28		27	2	35		19	6	66
67	17	3	28	2	27	3	35	2	19	7	67
68	17	4	28	4	27	4	35	4	19	8	68
69	17	5	28	6	27	5	35	6	19	9	69
70	17	6	28	8	27	6	35	8	19	10	70
71	17	7	28	10	27	7	35	10	19	11	71
72	17	8	29		27	8	36		20		72
73	17	9	29	2	27	9	36	2	20	1	73
74	17	10	29	4	27	10	36	4	20	2	74
75	17	11	29	6	27	11	36	6	20	3	75
76	18		29	8	28		36	8	20	4	76
77	18	1	29	10	28	1	36	10	20	5	77
78	18	2	30		28	2	37		20	6	78
79	18	3	30	2	28	3	37	2	20	7	79
80	18	4	30	4	28	4	37	4	20	8	80
81	18	5	30	6	28	5	37	6	20	9	81
82	18	6	30	8	28	6	37	8	20	10	82
83	18	7	30	10	28	7	37	10	20	11	83
84	18	8	31		28	8	38		21		84
85	18	9	31	2	28	9	38	2	21	1	85
86	18	10	31	4	28	10	38	4	21	2	86
87	18	11	31	6	28	11	38	6	21	3	87
88	19		31	8	29		38	8	21	4	88
89	19	1	31	10	29	1	38	10	21	5	89
90	19	2	32		29	2	39		21	6	90
91	19	3	32	2	29	3	39	2	21	7	91
92	19	4	32	4	29	4	39	4	21	8	92
93	19	5	32	6	29	5	39	6	21	9	93
94	19	6	32	8	29	6	39	8	21	10	94
95	19	7	32	10	29	7	39	10	21	11	95
96	19	8	33		29	8	40		22		96
97	19	9	33	2	29	9	40	2	22	1	97
98	19	10	33	4	29	10	40	4	22	2	98
99	19	11	33	6	29	11	40	6	22	3	99
100	20		33	8	30		40	8	22	4	100

## SCORING TABLE.

Rank	Run. High Kick.		Run. High Dive.		Hitch and Kick.		Double Kick.		18-ft. Rope Climb.	Rank
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	sec.	
0	4	10	3	9	4	7	3	11	9 3-5	0
1	4	10 1-2	3	9 1-4	4	7 1-2	3	11 1-4		1
2	4	11	3	9 1-2	4	8	3	11 1-2		2
3	4	11 1-2	3	9 3-4	4	8 1-2	3	11 3-4		3
4	5		3	10	4	9	4			4
5	5	0 1-2	3	10 1-4	4	9 1-2	4	0 1-4	9 2-5	5
6	5	1	3	10 1-2	4	10	4	0 1-2		6
7	5	1 1-2	3	10 3-4	4	10 1-2	4	0 3-4		7
8	5	2	3	11	4	11	4	1		8
9	5	2 1-2	3	11 1-4	4	11 1-2	4	1 1-4		9
10	5	3	3	11 1-2	5		4	1 1-2	9 1-5	10
11	5	3 1-2	3	11 3-4	5	0 1-2	4	1 3-4		11
12	5	4	4		5	1	4	2		12
13	5	4 1-2	4	0 1-4	5	1 1-2	4	2 1-4		13
14	5	5	4	0 1-2	5	2	4	2 1-2		14
15	5	5 1-2	4	0 3-4	5	2 1-2	4	2 3-4	9	15
16	5	6	4	1	5	3	4	3		16
17	5	6 1-2	4	1 1-4	5	3 1-2	4	3 1-4		17
18	5	7	4	1 1-2	5	4	4	3 1-2		18
19	5	7 1-2	4	1 3-4	5	4 1-2	4	3 3-4		19
20	5	8	4	2	5	5	4	4	8 4-5	20
21	5	8 1-2	4	2 1-4	5	5 1-2	4	4 1-4		21
22	5	9	4	2 1-2	5	6	4	4 1-2		22
23	5	9 1-2	4	2 3-4	5	6 1-2	4	4 3-4		23
24	5	10	4	3	5	7	4	5		24
25	5	10 1-2	4	3 1-4	5	7 1-2	4	5 1-4	8 3-5	25
26	5	11	4	3 1-2	5	8	4	5 1-2		26
27	5	11 1-2	4	3 3-4	5	8 1-2	4	5 3-4		27
28	6		4	4	5	9	4	6		28
29	6	0 1-2	4	4 1-4	5	9 1-2	4	6 1-4		29
30	6	1	4	4 1-2	5	10	4	6 1-2	8 2-5	30
31	6	1 1-2	4	4 3-4	5	10 1-2	4	6 3-4		31
32	6	2	4	5	5	11	4	7		32
33	6	2 1-2	4	5 1-4	5	11 1-2	4	7 1-4		33
34	6	3	4	5 1-2	6		4	7 1-2		34
35	6	3 1-2	4	5 3-4	6	0 1-2	4	7 3-4	8 1-5	35
36	6	4	4	6	6	1	4	8		36
37	6	4 1-2	4	6 1-4	6	1 1-2	4	8 1-4		37
38	6	5	4	6 1-2	6	2	4	8 1-2		38
39	6	5 1-2	4	6 3-4	6	2 1-2	4	8 3-4		39
40	6	6	4	7	6	3	4	9	8	40
41	6	6 1-2	4	7 1-4	6	3 1-2	4	9 1-4		41
42	6	7	4	7 1-2	6	4	4	9 1-2		42
43	6	7 1-2	4	7 3-4	6	4 1-2	4	9 3-4		43
44	6	8	4	8	6	5	4	10		44
45	6	8 1-2	4	8 1-4	6	5 1-2	4	10 1-4	7 4-5	45
46	6	9	4	8 1-2	6	6	4	10 1-2		46
47	6	9 1-2	4	8 3-4	6	6 1-2	4	10 3-4		47
48	6	10	4	9	6	7	4	11		48
49	6	10 1-2	4	9 1-4	6	7 1-2	4	11 1-4	7 3-5	49

## SCORING TABLE—Continued.

Rank	Run. High Kick.		Run. High Dive.		Hitch and Kick.		Double Kick.		18-ft. Rope Climb.	Rank
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	sec.	
50	6	11	4	9 1-2	6	8	4	11 1-2	7 2-5	50
51	6	11 1-2	4	9 3-4	6	8 1-2	4	11 3-4		51
52	7		4	10	6	9	5			52
53	7	0 1-2	4	10 1-4	6	9 1-2	5	0 1-4		53
54	7	1	4	10 1-2	6	10	5	0 1-2		54
55	7	1 1-2	4	10 3-4	6	10 1-2	5	0 3-4	7 1-5	55
56	7	2	4	11	6	11	5	1		56
57	7	2 1-2	4	11 1-4	6	11 1-2	5	1 1-4		57
58	7	3	4	11 1-2	7		5	1 1-2		58
59	7	3 1-2	4	11 3-4	7	0 1-2	5	1 3-4		59
60	7	4	5		7	1	5	2	7 1-5	60
61	7	4 1-2	5	0 1-4	7	1 1-2	5	2 1-4		61
62	7	5	5	0 1-2	7	2	5	2 1-2		62
63	7	5 1-2	5	0 3-4	7	2 1-2	5	2 3-4		63
64	7	6	5	1	7	3	5	3		64
65	7	6 1-2	5	1 1-4	7	3 1-2	5	3 1-4	6 4-5	65
66	7	7	5	1 1-2	7	4	5	3 1-2		66
67	7	7 1-2	5	1 3-4	7	4 1-2	5	3 3-4		67
68	7	8	5	2	7	5	5	4		68
69	7	8 1-2	5	2 1-4	7	5 1-2	5	4 1-4		69
70	7	9	5	2 1-2	7	6	5	4 1-2	6 3-5	70
71	7	9 1-2	5	2 3-4	7	6 1-2	5	4 3-4		71
72	7	10	5	3	7	7	5	5		72
73	7	10 1-2	5	3 1-4	7	7 1-2	5	5 1-4		73
74	7	11	5	3 1-2	7	8	5	5 1-2		74
75	7	11 1-2	5	3 3-4	7	8 1-2	5	5 3-4	6 2-5	75
76	8		5	4	7	9	5	6		76
77	8	0 1-2	5	4 1-4	7	9 1-2	5	6 1-4		77
78	8	1	5	4 1-2	7	10	5	6 1-2		78
79	8	1 1-2	5	4 3-4	7	10 1-2	5	6 3-4		79
80	8	2	5	5	7	11	5	7	6 1-5	80
81	8	2 1-2	5	5 1-4	7	11 1-2	5	7 1-4		81
82	8	3	5	5 1-2	8		5	7 1-2		82
83	8	3 1-2	5	5 3-4	8	0 1-2	5	7 3-4		83
84	8	4	5	6	8	1	5	8		84
85	8	4 1-2	5	6 1-4	8	1 1-2	5	8 1-4	6 1-5	85
86	8	5	5	6 1-2	8	2	5	8 1-2		86
87	8	5 1-2	5	6 3-4	8	2 1-2	5	8 3-4		87
88	8	6	5	7	8	3	5	9		88
89	8	6 1-2	5	7 1-4	8	3 1-2	5	9 1-4		89
90	8	7	5	7 1-2	8	4	5	9 1-2	5 4-5	90
91	8	7 1-2	5	7 3-4	8	4 1-2	5	9 3-4		91
92	8	8	5	8	8	5	5	10		92
93	8	8 1-2	5	8 1-4	8	5 1-2	5	10 1-4		93
94	8	9	5	8 1-2	8	6	5	10 1-2		94
95	8	9 1-2	5	8 3-4	8	6 1-2	5	10 3-4	5 3-5	95
96	8	10	5	9	8	7	5	11		96
97	8	10 1-2	5	9 1-4	8	7 1-2	5	11 1-4		97
98	8	11	5	9 1-2	8	8	5	11 1-2		98
99	8	11 1-2	5	9 3-4	8	8 1-2	5	11 3-4		99
100	9		5	10	8	9	6		5 2-5	100

## SCORING TABLE.

Rank	12-lb. Shot.		16-lb. Shot.		12-lb. Hammer with Turn.		16-lb. Hammer with Turn.		Rank
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
0	18		14		85		75		0
1	18	3	14	3	85	6	75	6	1
2	18	6	14	6	86		76		2
3	18	9	14	9	86	6	76	6	3
4	19		15		87		77		4
5	19	3	15	3	87	6	77	6	5
6	19	6	15	6	88		78		6
7	19	9	15	9	88	6	78	3	7
8	20		16		89		79		8
9	20	3	16	3	89	6	79	3	9
10	20	6	16	6	90		80		10
11	20	9	16	9	90	6	80	3	11
12	21		17		91		81		12
13	21	3	17	3	91	6	81	6	13
14	21	6	17	6	92		82		14
15	21	9	17	9	92	6	82	3	15
16	22		18		93		83		16
17	22	3	18	3	93	6	83	6	17
18	22	6	18	6	94		84		18
19	22	9	18	9	94	6	84	3	19
20	23		19		95		85		20
21	23	3	19	3	95	6	85	6	21
22	23	6	19	6	96		86		22
23	23	9	19	9	96	6	86	6	23
24	24		20		97		87		24
25	24	3	20	3	97	6	87	3	25
26	24	6	20	6	98		88		26
27	24	9	20	9	98	6	88	6	27
28	25		21		99		89		28
29	25	3	21	3	99	6	89	6	29
30	25	6	21	6	100		90		30
31	25	9	21	9	100	6	90	6	31
32	26		22		101		91		32
33	26	3	22	3	101	6	91	6	33
34	26	6	22	6	102		92		34
35	26	9	22	9	102	6	92	6	35
36	27		23		103		93		36
37	27	3	23	3	103	6	93	6	37
38	27	6	23	6	104		94		38
39	27	9	23	9	104	6	94	6	39
40	28		24		105		95		40
41	28	3	24	3	105	6	95	6	41
42	28	6	24	6	106		96		42
43	28	9	24	9	106	6	96	6	43
44	29		25		107		97		44
45	29	3	25	3	107	6	97	6	45
46	29	6	25	6	108		98		46
47	29	9	25	9	108	6	98	6	47
48	30		26		109		99		48
49	30	3	26	3	109	6	99	6	49

## SCORING TABLE—Continued.

Rank	12-lb. Shot.		16-lb. Shot.		12-lb. Hammer with Turn.		16-lb. Hammer with Turn.		Rank
	ft.	in.	ft.	in.	ft.	in.	ft.	in.	
50	30	6	26	6	110		100		50
51	30	9	26	9	110	6	100	6	51
52	31		27		111		101		52
53	31	3	27	3	111	6	101	6	53
54	31	6	27	6	112		102		54
55	31	9	27	9	112	6	102	6	55
56	32		28		113		103		56
57	32	3	28	3	113	6	103	6	57
58	32	6	28	6	114		104		58
59	32	9	28	9	114	6	104	6	59
60	33		29		115		105		60
61	33	3	29	3	115	6	105	6	61
62	33	6	29	6	116		106		62
63	33	9	29	9	116	6	106	6	63
64	34		30		117		107		64
65	34	3	30	3	117	6	107	6	65
66	34	6	30	6	118		108		66
67	34	9	30	9	118	6	108	6	67
68	35		31		119		109		68
69	35	3	31	3	119	6	109	6	69
70	35	6	31	6	120		110		70
71	35	9	31	9	120	6	110	6	71
72	36		32		121		111		72
73	36	3	32	3	121	6	111	6	73
74	36	6	32	6	122		112		74
75	36	9	32	9	122	6	112	6	75
76	37		33		123		113		76
77	37	3	33	3	123	6	113	6	77
78	37	6	33	6	124		114		78
79	37	9	33	9	124	6	114	6	79
80	38		34		125		115		80
81	38	3	34	3	125	6	115	6	81
82	38	6	34	6	126		116		82
83	38	9	34	9	126	6	116	6	83
84	39		35		127		117		84
85	39	3	35	3	127	6	117	6	85
86	39	6	35	6	128		118		86
87	39	9	35	9	128	6	118	6	87
88	40		36		129		119		88
89	40	3	36	3	129	6	119	6	89
90	40	6	36	6	130		120		90
91	40	9	36	9	130	6	120	6	91
92	41		37		131		121		92
93	41	3	37	3	131	6	121	6	93
94	41	6	37	6	132		122		94
95	41	9	37	9	132	6	122	6	95
96	42		38		133		123		96
97	42	3	38	3	133	6	123	6	97
98	42	6	38	6	134		124		98
99	42	9	38	9	134	6	124	6	99
100	43		39		135		125		100

## ALL-ROUND INDOOR TEST

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J. H. McCURDY, M. D.

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### I. EVENTS.

The events shall be: (1) marching, (2) calisthenics, (3) parallel bars, (4) side horse, (5) horizontal bar (high or low), (6) one-quarter mile potato race, (7) three standing broad jumps, (8) running broad jump, (9) long horse, (10) pole vault for height.

### II. GRADES.

The contest shall have the following grades: Elementary, intermediate, and advanced. The elementary grade shall consist of the first six events, the intermediate of the first eight events, and the advanced of the whole ten events.

The following arrangement of five grades is recommended to Associations desiring to hold examinations on the five-grade system. The elementary grade to be divided into first and second grades; the intermediate into third and fourth grades, and the advanced the fifth grade. The first and second to include the first six events; the third the first seven, the fourth the first eight, and the fifth all the events.

### III. ORDER.

The order in each grade shall be: (1) marching, (2) calisthenics, (3) apparatus work, (4) athletic work, of which the potato race shall be the last. In the apparatus and athletic work the clerk of the course shall divide the contestants into as many divisions as apparatus and floor space will allow. No contestant shall on any condition be allowed to change his division.

### IV. OFFICERS.

All meetings shall be under the direction of one referee, six measurers, six judges of apparatus work, three timers, one starter, one scorer, one marshal, and one clerk of the course.



The measurers and judges of apparatus work shall also act as judges in the marching and calisthenics.

#### V. REFEREE.

The referee shall have general charge of all officers, contestants, and games. When appealed to, he shall decide all questions of dispute not otherwise covered in these rules. His decision shall be final. He shall also select the exercises as directed in Rule XVI.

#### VI. MEASURERS.

The measurers shall be judges for the broad jump, the high jump, and the pole vault. They shall also act as judges on the marching and calisthenics. They shall report each contestant's best record to the scorer.

#### VII. JUDGES OF GYMNASTICS.

The judges on each piece of apparatus shall judge independently. They shall report to the scorer each contestant's ability in each exercise in that special event. Their method shall be as follows:

(a) Marching shall be marked on a basis of 100 points, equal consideration being given to form and correctness.

(b) Calisthenics shall be marked on a basis of 100 points, giving 40 for correctness and 60 for form.

(c) Each exercise upon the apparatus shall be marked on a basis of 100, giving 10 for correct approach, 20 for doing the exercise called for, 50 for form in that exercise in proportion to the amount of the exercise done correctly and 20 for retreat. The total of the three exercises shall be divided by three. The approach shall be from a mark previously indicated in front of the apparatus. The retreat shall be from the time the feet strike the mat or floor until "position" is secured and the contestant has marched past an indicated point. When, because of accident to the contestant in the performance of an exercise, the judges deem a second trial desirable, they may grant it, but shall then mark the exercise on a basis of a maximum of 70 points. In case of accident to the supports, a second trial shall be permitted without prejudice to the contestant.

#### VIII. TIMERS.

One watch shall be held on each runner. The watch shall be started at the *flash* of the pistol. The timers shall report to the scorer each contestant's time at the close of that event.

## IX. STARTER.

The starter shall have entire control of the competitors at their marks. The penalties for false starting shall be as follows: The competitor shall be put back one yard for the first, and another yard for the second offence. A third false start shall disqualify the runner. A false start is where any portion of the person touches the ground in front of the mark before the pistol report.

## X. SCORER.

The scorer shall keep a complete list of all competitors, crediting each man with his performance in each event as reported by the judges, measurers, or timers. He shall reduce the judges' report in each event to the basis of 100 points. He shall place in the lower space the number of points made by contestants in each event as determined by the judges in marching, calisthenics, and apparatus work; also, the number of points in athletic work, as shown by the scoring table.

## XI. MARSHAL.

The marshal shall have full police charge, and see that the spectators are kept in the place assigned them.

## XII. CLERK OF THE COURSE.

The clerk of the course shall furnish each contestant, in regular order, commencing with the tallest, a number by which he shall be known in that competition; he shall also assign to him his division in the contest.

## XIII. RECORDS.

In using the five-grade system, in the first and second grades divide each contestant's total by 6; in the third grade by 7; in the fourth grade by 8; in the fifth grade by 10.

The maximum in each event in this contest shall be 100 points. Each contestant's total number of points in the elementary grade shall be divided by 6, in the intermediate by 8, and in the advanced by 10.

## XIV. MARCHING.

The marching shall occupy not less than ten nor more than fifteen minutes, the judging being done by the measurers and judges. Contestants shall drill in line, according to number.

## XV. CALISTHENICS.

The calisthenic exercises shall occupy not less than ten nor more than fifteen minutes, the judging being done by the

measurers and judges. Contestants shall be so arranged as to reduce to a minimum any advantage of position or distance from the leader.

## XVI. APPARATUS WORK.

The contest on each piece of apparatus shall consist of three exercises selected by the referee (except in the advanced grade, when one exercise on each apparatus shall be selected by the contestant) on the day of competition from a list of ten, said ten exercises to have been determined upon by District, State, Section, or Governing Committee, and forwarded to Associations competing, not less than four weeks before the contest.

*Exception.*—In a local contest the referee shall select the exercises from any of that grade which have been taught during the season.

## XVII. POTATO RACE.

Seventeen potatoes (or other light objects), and two boxes, four inches deep, twelve inches in diameter, set on stands two feet high, shall be furnished each contestant. The outer edges of these boxes shall be thirty-one feet apart. The runner may start on either side of the full potato box from a line parallel to its outer edge, with one potato in his hand. He shall run around both boxes each time, placing one potato in the other box, and finishing at the starting point on the opposite side of his own box. Grasping either stand in any way, failure to run around both boxes, or a failure to transfer all the potatoes singly into the other box, shall disqualify the runner.

In case potatoes are dropped or upset by the runner he shall replace same without assistance before proceeding with the run. He shall not interfere with the other runner in any way. He shall be disqualified by the referee for violation of the above. The boxes may be fixed to stands, the base of which shall be approximately the same size in area as the boxes. Stands shall not be fixed to floor.

## XVIII. THREE STANDING BROAD JUMPS.

The feet of the competitor shall leave the ground only once in making an attempt for each of the three jumps, and no stoppage between jumps shall be allowed. Each competitor shall have three trial jumps. He shall be credited with his best performance in those trials. The jumps shall be made from the board floor, and the distance shall be measured from the "scratch line" to the nearest point that is touched by any part of the person.

## XIX. POLE VAULTING AND HIGH JUMP.

The bar shall be raised in the high jump not less than two inches at each elevation, and in the pole vault not less than four inches. Contestants shall jump in regular order, as called by measurer. Contestant may omit his trial at any height, but shall not be allowed to try that height should he fail on the next elevation. The jump shall be made over a square bar, displacement of the bar counting as a "try." Each contestant shall be allowed not to exceed ten trials. Three failures at any height shall debar contestant from further trials in that event. A height having been attempted must be cleared before a greater height can be attempted. Contestants shall be credited with their best performance, according to the rules. Three balks shall count as a try. A balk: See rules for pole vault and high jump in Pentathlon rules. The run shall be limited to thirty-one feet in the pole vault.

## XX. DIPLOMAS.

A total of 60 points (elementary work) shall entitle contestant to elementary (first and second grade) certificate and the right to wear the emblem of that grade; a total of 70 points (intermediate work) to an intermediate (third and fourth grade) certificate with its emblem; a total of 70 points (advanced work) shall entitle contestant to an advanced (fifth grade) certificate and emblem. For method of obtaining points, see rules 3 and 13. Contestants must present their certificates of lower grades before they can enter as contestants in higher ones.

SCORING TABLE.

Rank.	High Jump.		3 Standing Broad Jumps.		Pole Vault.		Potato Race.		Rank.
	ft.	in.	ft.	in.	ft.	in.	min.	sec.	
0	3	6	17	0	5	10	2	0	0
1	3	6 1-4	17	2	5	10 1-2	1	59 4-5	1
2	3	6 1-2	17	4	5	11	1	59 3-5	2
3	3	6 3-4	17	6	5	11 1-2	1	59 2-5	3
4	3	7	17	8	6	0	1	59 1-5	4
5	3	7 1-4	17	10	6	0 1-2	1	59	5
6	3	7 1-2	18	0	6	1	1	58 4-5	6
7	3	7 3-4	18	2	6	1 1-2	1	58 3-5	7
8	3	8	18	4	6	2	1	58 2-5	8
9	3	8 1-4	18	6	6	2 1-2	1	58 1-5	9
10	3	8 1-2	18	8	6	3	1	58	10
11	3	8 3-4	18	10	6	3 1-2	1	57 4-5	11
12	3	9	19	0	6	4	1	57 3-5	12
13	3	9 1-4	19	2	6	4 1-2	1	57 2-5	13
14	3	9 1-2	19	4	6	5	1	57 1-5	14
15	3	9 3-4	19	6	6	5 1-2	1	57	15
16	3	10	19	8	6	6	1	56 4-5	16
17	3	10 1-4	19	10	6	6 1-2	1	56 3-5	17
18	3	10 1-2	20	0	6	7	1	56 2-5	18
19	3	10 3-4	20	2	6	7 1-2	1	56 1-5	19
20	3	11	20	4	6	8	1	56	20
21	3	11 1-4	20	6	6	8 1-2	1	55 4-5	21
22	3	11 1-2	20	8	6	9	1	55 3-5	22
23	3	11 3-4	20	10	6	9 1-2	1	55 2-5	23
24	4	0	21	0	6	10	1	55 1-5	24
25	4	0 1-4	21	2	6	10 1-2	1	55	25
26	4	0 1-2	21	4	6	11	1	54 4-5	26
27	4	0 3-4	21	6	6	11 1-2	1	54 3-5	27
28	4	1	21	8	7	0	1	54 2-5	28
29	4	1 1-4	21	10	7	0 1-2	1	54 1-5	29
30	4	1 1-2	22	0	7	1		54	30
31	4	1 3-4	22	2	7	1 1-2		53 4-5	31
32	4	2	22	4	7	2		53 3-5	32
33	4	2 1-4	22	6	7	2 1-2		53 2-5	33
34	4	2 1-2	22	8	7	3	1	53 1-5	34
35	4	2 3-4	22	10	7	3 1-2	1	53	35
36	4	3	23	0	7	4	1	52 4-5	36
37	4	3 1-4	23	2	7	4 1-2	1	52 3-5	37
38	4	3 1-2	23	4	7	5	1	52 2-5	38
39	4	3 3-4	23	6	7	5 1-2	1	52 1-5	39
40	4	4	23	8	7	6	1	52	40
41	4	4 1-4	23	10	7	6 1-2	1	51 4-5	41
42	4	4 1-2	24	0	7	7	1	51 3-5	42
43	4	4 3-4	24	2	7	7 1-2	1	51 2-5	43
44	4	5	24	4	7	8	1	51 1-5	44
45	4	5 1-4	24	6	7	8 1-2	1	51	45
46	4	5 1-2	24	8	7	9	1	50 4-5	46
47	4	5 3-4	24	10	7	9 1-2	1	50 3-5	47
48	4	6	25	0	7	10	1	50 2-5	48
49	4	6 1-4	25	2	7	10 1-2	1	50 1-5	49

SCORING TABLE.

Rank.	High Jump.		3 Standing Broad Jumps.		Pole Vault.		Potato Race.		Rank.
	ft.	in.	ft.	in.	ft.	in.	min.	sec.	
50	4	6 1-2	25	4	7	11	1	50	50
51	4	6 3-4	25	6	7	11 1-2	1	49 4-5	51
52	4	7	25	8	8	0	1	49 3-5	52
53	4	7 1-4	25	10	8	0 1-2	1	49 2-5	53
54	4	7 1-2	26	0	8	1	1	49 1-5	54
55	4	7 3 4	26	2	8	1 1-2	1	49	55
56	4	8	26	4	8	2	1	48 4-5	56
57	4	8 1-4	26	6	8	2 1-2	1	48 3-5	57
58	4	8 1-2	26	8	8	3	1	48 2-5	58
59	4	8 3-4	26	10	8	3 1-2	1	48 1-5	59
60	4	9	27	0	8	4	1	48	60
61	4	9 1-4	27	2	8	4 1-2	1	47 4-5	61
62	4	9 1-2	27	4	8	5	1	47 3-5	62
63	4	9 3-4	27	6	8	5 1-2	1	47 2-5	63
64	4	10	27	8	8	6	1	47 1-5	64
65	4	10 1-4	27	10	8	6 1-2	1	47	65
66	4	10 1-2	28	0	8	7	1	46 4-5	66
67	4	10 3-4	28	2	8	7 1-2	1	46 3-5	67
68	4	11	28	4	8	8	1	46 2-5	68
69	4	11 1-4	28	6	8	8 1-2	1	46 1-5	69
70	4	11 1-2	28	8	8	9	1	46	70
71	4	11 3-4	28	10	8	9 1-2	1	45 4-5	71
72	5	0	29	0	8	10	1	45 3-5	72
73	5	0 1-4	29	2	8	10 1-2	1	45 2-5	73
74	5	0 1 2	29	4	8	11	1	45 1-5	74
75	5	0 3-4	29	6	8	11 1-2	1	45	75
76	5	1	29	8	9	0	1	44 4-5	76
77	5	1 1-4	29	10	9	0 1-2	1	44 3-5	77
78	5	1 1-2	30	0	9	1	1	44 2-5	78
79	5	1 3-4	30	2	9	1 1-2	1	44 1-5	79
80	5	2	30	4	9	2	1	44	80
81	5	2 1-4	30	6	9	2 1-2	1	43 4-5	81
82	5	2 1-2	30	8	9	3	1	43 3-5	82
83	5	2 3-4	30	10	9	3 1-2	1	43 2-5	83
84	5	3	31	0	9	4	1	43 1-5	84
85	5	3 1-4	31	2	9	4 1-2	1	43	85
86	5	3 1-2	31	4	9	5	1	42 4-5	86
87	5	3 3-4	31	6	9	5 1-2	1	42 3-5	87
88	5	4	31	8	9	6	1	42 2-5	88
89	5	4 1-4	31	10	9	6 1-2	1	42 1-5	89
90	5	4 1-2	32	0	9	7	1	42	90
91	5	4 3-4	32	2	9	7 1-2	1	41 4-5	91
92	5	5	32	4	9	8	1	41 3-5	92
93	5	5 1-4	32	6	9	8 1-2	1	41 2-5	93
94	5	5 1-2	32	8	9	9	1	41 1-5	94
95	5	5 3-4	32	10	9	9 1-2	1	41	95
96	5	6	33	0	9	10	1	40 4-5	96
97	5	6 1-4	33	2	9	10 1-2	1	40 3-5	97
98	5	6 1-2	33	4	9	11	1	40 2-5	98
99	5	6 3-4	33	6	9	11 1-2	1	40 1-5	99
100	5	7	33	8	10	0	1	40	100

## HAND BALL RULES\*

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*Court.*—The service wall should be approximately in the proportion of four (4) for height to five (5) for width. The side lines of the court should run at right angles to the service wall. The court should be approximately two and one-half times as long as the service wall is high, divided into two equal parts by a line running parallel with the service wall, which line is the service line. A space three feet square shall be marked in the outer court in both corners, formed by the service line and the side lines; these spaces shall be termed the "partners' boxes."

*Ball.* For the majority of Association courts the regular tennis ball is best.

*Game.*—The game shall consist of twenty-one points, and may be played by two, three or four persons.

RULE 1. The choice for the right to serve shall be decided by toss.

RULE 2. The player serving the ball shall be termed the server, and the player to whom the ball is served the receiver.

RULE 3. At the end of the first service the server shall become the receiver and the receiver the server, and so on alternately in all subsequent services of the game.

RULE 4. The ball must be served from behind the service line within the court. The server may stand with one foot in front of the service line. On the service the ball must be struck from a bounce behind the service line, hit the service wall and then land in the outer court (beyond the service line).

RULE 5. A *fault* consists of a ball not served over the service line, or a ball served over the back or side lines. Two consecutive faults shall retire the server. A fault cannot be returned.

RULE 6. The server shall not serve until the receiver is ready. After a server has been retired he shall be given sufficient time to get into position before play is resumed. If the latter attempts to return the service he shall be deemed ready.

\* See Diagram on page 156.

RULE 7. A service or fault delivered when the receiver is not ready counts for nothing.

RULE 8. The ball is in play on leaving the server's hand, except as provided for in Rule 5.

RULE 9. The server wins a point if the receiver fails to return the service or ball in play so that it drops outside the court; or if the receiver loses as provided by Rule 16. Only the side serving scores.

RULE 10. The server loses his service if he serves two consecutive faults; or if he fails to return the ball in play; or if he returns the ball in play so that it falls outside of the court; or, if in attempting to serve, he fails to strike the ball; or if the ball, when served, fails to strike the service wall first; or if he otherwise loses as provided by Rule 16.

RULE 11. A ball falling on the line is regarded as falling inside the court.

RULE 12. In a four-handed game, the side serving first is allowed but one service at the commencement of the game. After the first service each side is allowed two consecutive services, the two partners alternating in turn. The server's partner must stand in one of the "partners' boxes" until the ball strikes the service wall on each service. In a three-handed game the single player shall have every alternate service.

RULE 13. If the ball, when served, strikes the server or his partner, it retires the server. If it strikes the receiver or receiver's partner, before or after bouncing, it becomes non-playable and counts a point for the server. If the ball in play strikes a player it shall count against such player.

RULE 14. A *hinder* is—

(a) When the player is prevented by the proximity of a spectator from properly returning the ball.

(b) When a player interferes with another in such a manner as to prevent him from properly returning the ball.

(c) When the ball strikes any apparatus within the court lines and such apparatus is not higher than the service wall. A hinder shall count nothing.

RULE 15. The use of the foot is debarred. Only one hand may be used in striking the ball, and it may be struck but once on the return. Violation of this rule shall count against the player so doing.

RULE 16. The officials shall be a referee, scorer, and linesman.

(a) The *Referee* shall decide all questions pertaining to the serving of the ball and its return, and shall be judge of hinders and faults, and shall decide all questions not covering these rules. His decision shall be final on all questions.



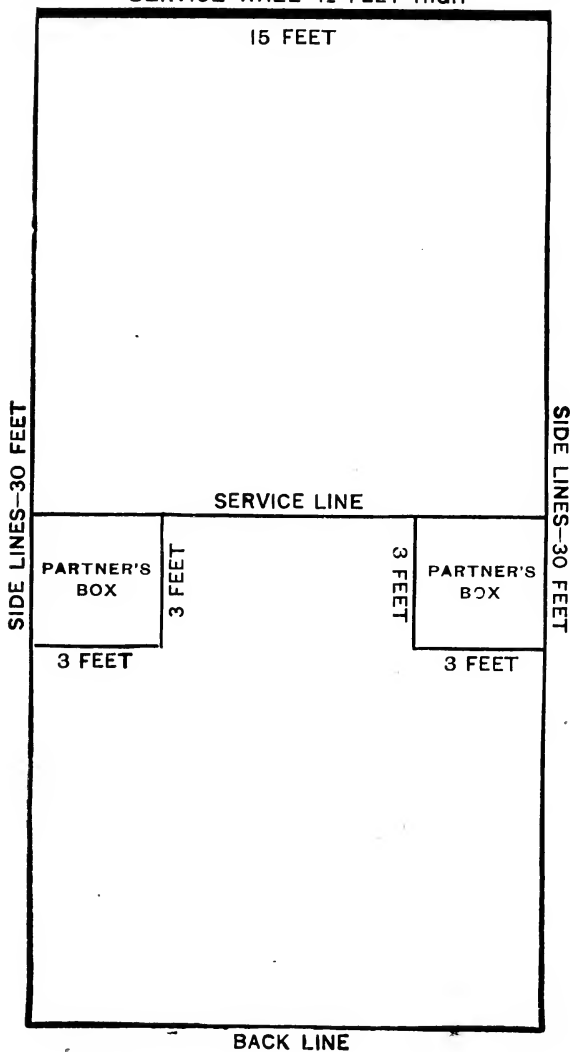
(b) The *Scorer* shall keep a correct record of the points made and shall keep the contestants informed as to the progress of the game.

(c) The *Linesman* shall decide when the ball is in or out of court, and report to the referee.

Revised by a Committee of the Physical Directors' Conference at Thousand Island Park, June, 1900.

Committee. { W. E. DAY.  
H. H. WIKEL.  
W. V. DENMAN.

## SERVICE WALL—12 FEET HIGH



## VOLLEY BALL RULES\*

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Volley Ball is a game which is well fitted for the gymnasium, but which may also be played out of doors. Any number of persons may play that is convenient to the place. It consists of keeping the ball in motion over a high net from one side to the other, thus partaking of the character of two games—tennis and hand ball.

Play is started by a player on one side serving the ball over the net into the opponents' court. The opponents, without allowing the ball to strike the floor, return it, and it is in this way kept going back and forth until one side fails to return it, or it strikes out of bounds. If the serving side fails to return the ball in the opponents' court, it counts as an out. If the receiving side fails to return the ball in the opponents' court, the serving side scores one point.

### RULES.

RULE 1. *Game.* The game shall consist of twenty-one points.

RULE 2. *Court.* A court or floor space shall be 25 feet wide 50 feet long, to be divided into two square courts 25 x 25 feet by the net. The boundary lines must be plainly marked so as to be visible from all parts of the courts; these lines shall be at least three feet from the wall. NOTE.—The exact size of the court may be changed to suit the convenience of the place.

RULE 3. *Net.* The net shall be at least two feet wide and 27 feet long, and shall be suspended from the walls on uprights placed at least 1 foot outside of the side lines. The top line of the net at the center must be 7 feet 6 inches from the floor.

RULE 4. *Ball.* The ball shall be round; it shall be made of a rubber bladder covered with leather. It shall measure not less than 25 inches nor more than 27 inches in circumference, and shall weigh not less than 9 ounces nor more than 12 ounces.

RULE 5. *Server and Service.* The server shall stand with

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\* Suggested changes presented to the Physical Directors' Conference, June, 1900, by W. E. Day, and adopted by Governing Committee.

one foot on the back line. The ball must be batted with the open hand and not struck with the fist. The ball may be served over the net into any part of the opponents' court. A service which strikes the net or anything within the playing space and falls good in the opponents' court shall be called a fault. A server shall lose his service if he serves two consecutive faults. A service which strikes the net, or any object within the playing space and falls without the opponents' court, shall retire the server. In a service the ball must be batted at least ten feet, no dribbling allowed. A service which would strike the net, but is struck by a player of the same side before striking the net, if it goes over into the opponents' court, is good. The man serving continues to do so, until out, either by the ball being knocked out of bounds by his side or their failure to return it. Each man shall serve in turn.

**RULE 6. *Scoring.*** Each good service unreturned or ball in play unreturned, or ball knocked out of bounds by the side receiving, counts one point for the side serving. A side scores only when serving as a failure to return the ball on their part or knocking the ball out of bounds, results in the server being put out.

**RULE 7. *Net Ball.*** A play which is returned, but strikes the net aside from the first service, is equivalent to a return.

**RULE 8. *Line Ball.*** Is a ball striking the boundary line, and is equivalent to one in court.

**RULE 9. *Play and Players.*** Should any player during the game touch the net, it puts the ball out of play and counts against his side; if said player is on the serving side the ball goes to the opponents; if on the receiving side, one point is scored for the server. Should two opponents touch the net simultaneously, the ball shall be declared out of play and shall be served again by the serving side. Should any player catch or hold the ball for an instant, it is out of play and counts for the opposite side. Should the ball strike any object within the playing space other than the floor and ceiling, and bound (back) into the court, it is still in play. If the ball strikes any object outside of the court and bounds back again, it shall count against the side which struck it last. To dribble is to strike the ball quickly and repeatedly into the air; dribbling is not allowed. Any player except the captain addressing the umpire, or making remarks to or about him or any of the players on the opposite side, may be disqualified and his side be compelled to play the game without him, or get a substitute, or forfeit the game. Any player kicking the ball may be disqualified and his side be compelled to play the game without him or get a substitute or forfeit the game.

RULE 10. No player shall be allowed to strike the ball while supported by any player or object, but must strike it while on the floor or while jumping up unassisted.

RULE 11. A ball knocked under the net shall be declared out of play and count against the side which struck it last.

*Helps in Playing the Game.*

1. Strike the ball with both hands.
2. Look for uncovered space in opponents' court.
3. Play together; cover your own space.
4. Pass from one to another when possible.
5. Watch the play constantly, especially the opponents.
6. A player should be able to cover about 10 x 10 feet of floor space.
7. Keep your eye on the ball.

# APPLICATION FOR MEMBERSHIP

IN THE

ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS  
OF NORTH AMERICA.

.....190....

Secretary of Athletic League.

Should Enclosed please find \$5.00 for one annual fee for membership in the  
ATHLETIC LEAGUE OF THE YOUNG MEN'S CHRISTIAN ASSOCIATIONS OF NORTH AMERICA,  
for the.....Association.

Yours truly,

.....  
General Secretary.

# **YOUNG MEN'S CHRISTIAN ASSOCIATION ATHLETIC LEAGUE ENTRY BLANK.**

*No entry will be received excepting upon this form.*

Please enter me for the following events, for which I enclose the sum of .....190  
and ..... cents in full for entrance fee. ....dollars

## **EVENTS.**

Each competitor must fill out the following, and in signing the same he certifies that he is an amateur according to the laws of the Association Athletic League. Great care should be used in filling in events, time, etc., as an error will be considered wilful to mislead the handicapper, and such entry will be rejected.

## **I CERTIFY THAT MY LAST THREE PERFORMANCES WERE AS FOLLOWS:**

Name of Games.	Date.	Event.	Scratch Man.	Start Rec'd.	Place Won.	Time.	Name of Winner.

My best performance for events entered in above are as follows :

Signature, .....  
Address, .....  
Branch or Club, .....  
Registration Number, .....

Sanctioned by Y. M. C. A. Athletic League.

# BASKET BALL SCORE SHEET

[illegible][illegible]

Where played..... Date..... Won by..... Score.....  
 Referee..... Umpire..... Scorer..... Timekeeper.....  
 Inspectors..... Remarks.....  
 .....  
 .....

NOTE.—In accordance with requirements printed on back of sanction this sheet must be filled out and returned to Y. M. C. A. Athletic League Office, 3 West 29th Street, New York City, the day following the game.



# APPLICATION FOR REGISTRATION CARD

Mr.....Consul for..... { } of

the Y. M. C. A. Athletic League:

DEAR SIR:—Enclosed please find registration fee of 25 cents.

I certify that I am an amateur in good standing and intend to abide by the letter and spirit of clean amateur sport and to uphold the rules of the Y. M. C. A. Athletic League of North America.

*Must be filled out by applicant.*

Signature .....  
(Print your name, do not write it)

City ..... State .....

Are you under suspension by any athletic governing body?.....

When did you last represent another organization?.....

Give name of organization. ....

Member of what Y. M. C. A.?.....

N. B.—If any question is unanswered, this application will not be accepted. (OVER)

*To be filled out by the official representative of the Association to the League.*

NOTE.—If an affirmative reply can be given to all the questions, write YES on line at point of bracket. If an affirmative reply cannot be given, fill in after each question.

Date .....

Is this application from a paid-up member in good standing in your Association? ..... }

Do you believe that his amateur claims and professions are honest?..... }

Is he in suitable condition for vigorous games as to heart?..... }

Muscular system?..... }

Lungs?..... }

Nervous system?..... }

Signature?.....



POSITION No. 1—CORRECT METHOD OF GRASPING DISCUS.

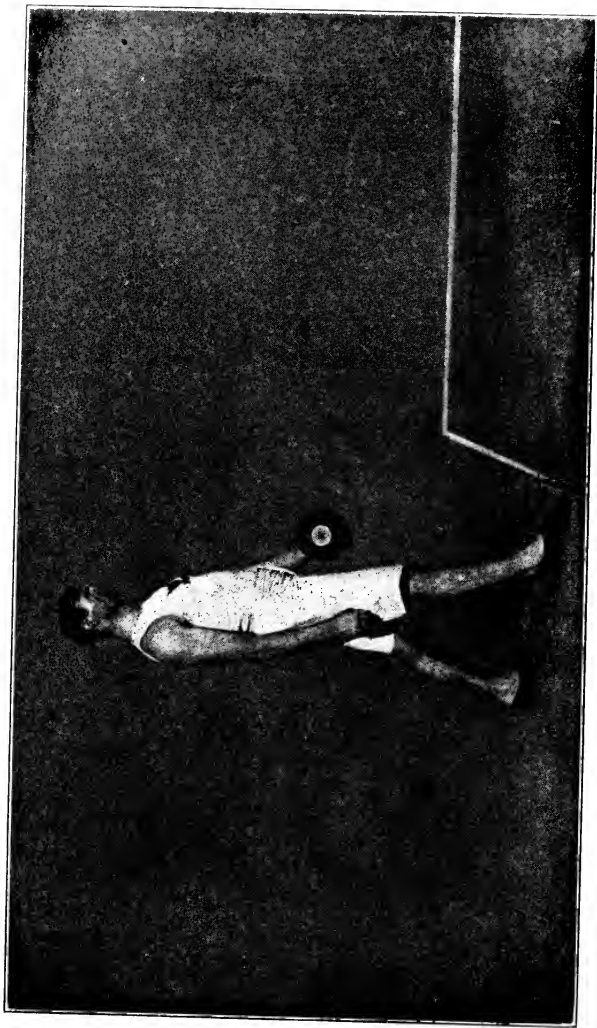
## THROWING THE DISCUS (GREEK STYLE)

Courtesy New York Public School Athletic League.

Consensus of opinion among experts concedes the Greek method of discus throwing to be most beneficial and artistic and because of the historical sentiment connected with the ancient athletic exercise and because it is one of the standard events to be regularly competed at the Olympic games held every four years. It ought to be widely practiced and become a regular feature on our athletic programs.

First learn how to grasp the discus, a good hold means that the thrower will get a proper scale (see illustration 1). The discus should be held flat against the palm of the hand, with the thumb and fingers spread out, the edge of the discus resting against the joints of the forefingers. No effort should be made to grasp the edges, as doing so cramps the wrist and hinders the free swing of the arm. If you are afraid that the discus will drop out of the hand when held loosely, push it with the left hand against the fingers and palm of the right hand.

The preliminary movements and poises of the thrower on the pedestal and the right and wrong way are explained by Positions Nos. 2, 3, 4, 5, 6, 7, 8 and 9. No. 6 is the most important figure of the lot. It explains where the thrower makes his effort and scales the discus away from him. As he starts to bring the discus from above his head the right arm should swing by the side, while the left arm is brought back to the outside of the right knee, at the same time the body should bend and turn to the right, and the discus should be made to describe a semi-circle until the hand holding the discus should be extended back on a level with the head. Then a quick sweep of the arm should be made and it should be first downward and then upward before it leaves the hand. Care should be exercised that this sweep of the arm is by the side, as anything else will be termed foul. As the final sweep of the arm is made, the thrower should jump forward out of the pedestal or box of dirt; that is, he should jump when his arm is about even with his thigh. Then the discus will be at its lowest point and the leap forward will impart extra force to the throw. All these positions were posed for by Martin J. Sheridan, holder of the world's record for throwing the discus, free style, or from a circle with a turn.



POSITION No. 2—THE THROWER TAKES HIS STAND IN THE PEDESTAL, HOLDING DISCUS IN THE  
LEFT HAND.

The simplest plan of arranging the pedestal is to get a rough deal box twenty-seven inches wide by thirty inches long, and two inches high in front and eight inches behind. This can be filled with cinders mixed with yellow clay, and when wet and pounded will be hard and springy. A box made this way can be moved to any part of the ground and will be preferable to a stationary one.

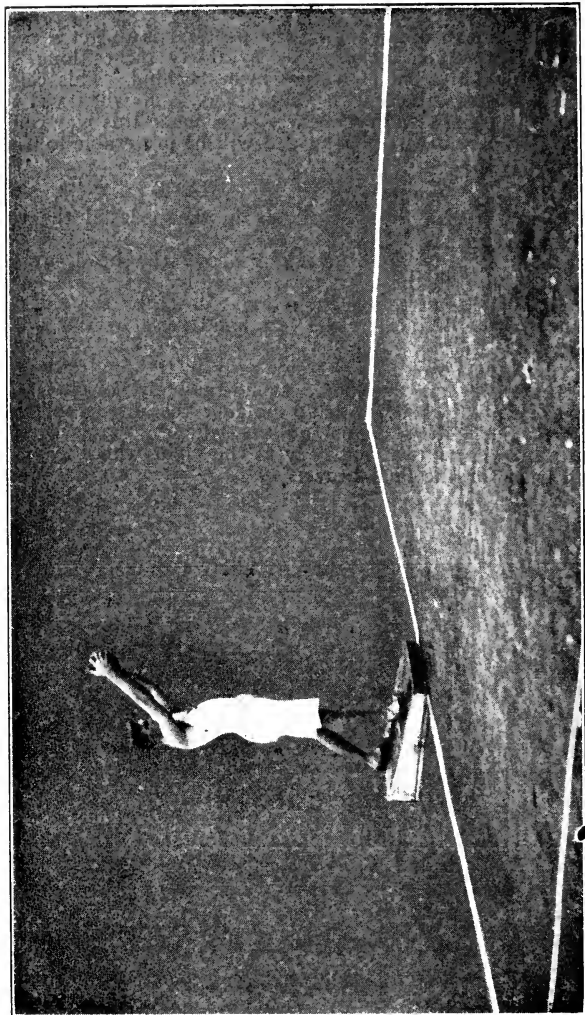
#### ADVICE TO JUDGES AND REFEREE.

See that when the thrower stands in the pedestal the right leg is forward of the left.

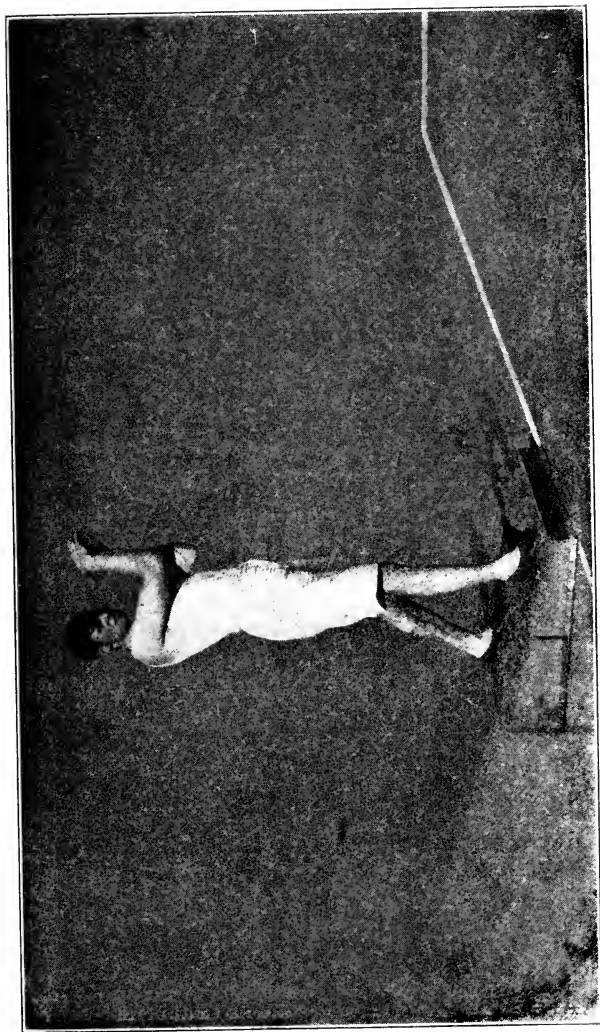
That the discus is raised straight above the head, grasped with both hands and the arms extended fully.

That the right arm is brought straight down by the side, and when the thrower crouches, the left hand rests by the side of the right knee.

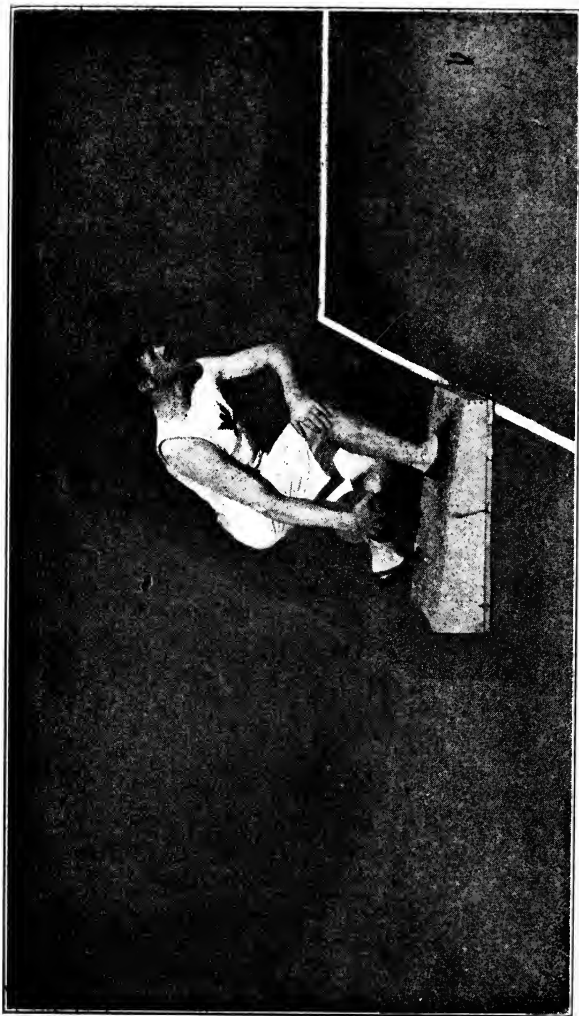
That the arm is swept by the side only in the final movement of the throw. That overhand, round-the-body, or horizontal swings are foul. That the hand holding the discus must not swing around the hips or behind the left leg. It is optional with the thrower to turn his body to the right when he swings the arm back for the final heave.



POSITION No. 3—THE THROWER HOLDS THE DISCUS WITH BOTH HANDS OVER HIS HEAD, WITH EYES LOOKING UP TOWARD THE DISCUS.



POSITION No. 4—**INCORRECT** POSE OF No. 3. ARMS CRAMPED. HEAD TURNED SIDEWAYS.

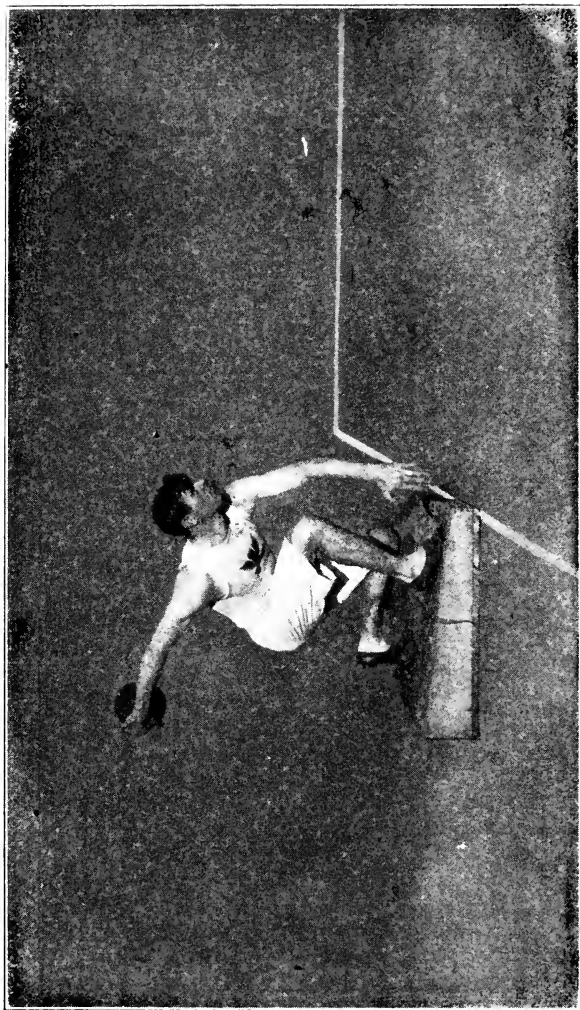


POSITION No. 5—THE THROWER LOWERS HIS BODY, BRINGS THE DISCUS STRAIGHT DOWN BY THE SIDE AS THE LEFT ARM GOES BACK BESIDE THE KNEE.

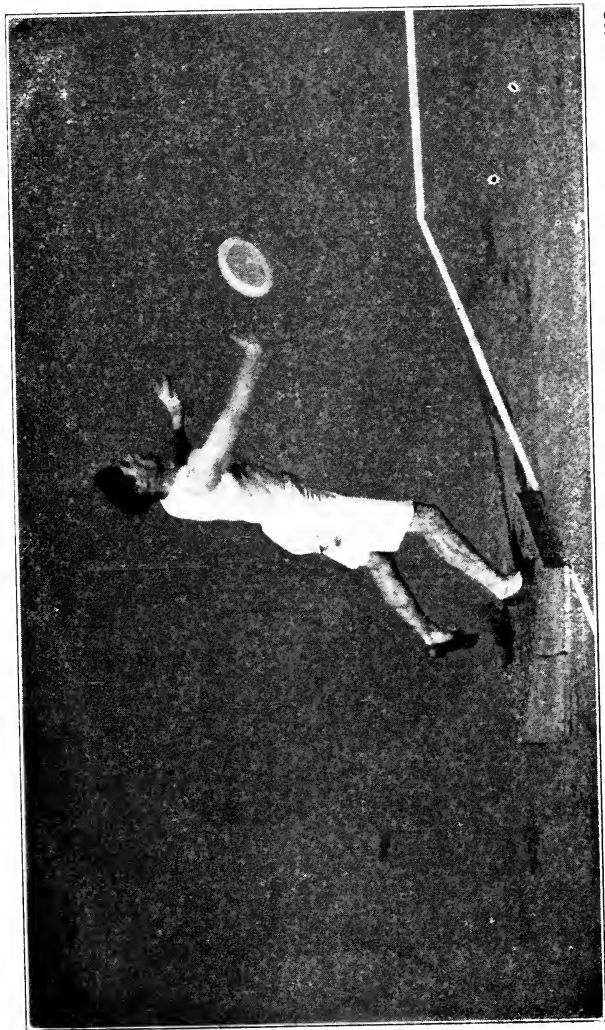




POSITION No. 6—CORRECT POSE, JUST BEFORE THE THROWER MAKES HIS EFFORT TO SCALE THE DISCUS AWAY FROM HIM.



POSITION No. 7--INCORRECT POSE OF No. 6. LEFT HAND HELD AWKWARDLY OUT IN FRONT OF RIGHT KNEE.



POSITION No. 8--THE THROWER, AS THE DISCUS LEAVES HIS HAND AND AS HE STARTS TO LEAVE THE PEDESTAL.



POSITION No. 9—THE THROWER, AFTER HE LEAVES THE PEDESTAL AND AS THE DISCUS IS SCALED AWAY.

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## WHAT TO WEAR FOR ATHLETICS

The manner in which competing athletes are dressed means a good deal to the athlete and to the spectators as well at an athletic meeting. If the spectators see a man come on the athletic field with unkempt uniform, one is apt to go away with a rather poor opinion of athletes in general. Therefore, it is certainly important that the athlete and the club official should see that the contestants are properly clothed.

The athlete should always dress neatly and keep his costume clean and in proper shape. We note how careful actors are of their personal appearance and clothing, especially when on the stage. The athlete, to a certain extent, occupies a similar position when competing in athletic contests. All eyes are riveted upon him, and to the public he is a sort of a hero. And the athlete who does keep himself properly—neat and clean—makes friends, even if he is not known personally to the audience.

A. G. Spalding & Bros. for over thirty years have been makers of athletic apparel, and make the most suitable goods for athletic contests. And so well is this fact recognized by the champion athletes that few of them wear anything but Spalding uniforms. Nearly all the important teams that have won honors in international competitions in recent years have had their uniforms furnished by A. G. Spalding & Bros. This was noticeable with the last American team which scored such a glorious victory in the Olympic games at Athens in 1906.

Another point of interest to all is the fact that Spalding supplies equipment for all known sports and pastimes, and has clothing to suit the athletes; it is immaterial whether they are schoolboys or champions. It is not the intention in this short article to go into details for each and every article contained in Spalding's Catalogue, but a glance at the same will convince one that there is absolutely nothing lacking. And they can rest assured that if Spalding sells it, it is correct.



Athletes should make it a point to have two suits of athletic apparel, one for competition and one for practice purposes. The clothing that some of our crack athletes wear in competition is a disgrace to athletics, and it adds a great deal to an athlete's appearance to appear neat and clean when taking part in athletic competition. In practice within one's club or grounds, almost any kind of clothing can be used. A sprinter should have two pairs of running shoes, one a very heavy pair for practicing in (the cross-country shoe, No. 14C, makes a very good shoe for this purpose, and can be had with or without spikes on heels), and a light pair for racing. One of the



No. 2-0.

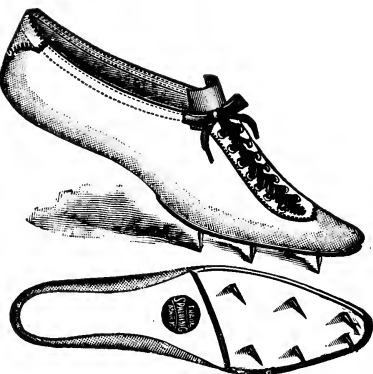
No. 14C.

best professional sprinters that ever wore a shoe made it a point to train for all his races in very heavy sprinting shoes. Aside from the benefit that is claimed for practicing in heavy shoes, you always feel as though you have a pair of shoes that will be ready for any race that is scheduled, and bear in mind it does not pay to buy athletic implements or clothing that are cheap. They don't wear and cannot give you the service that you will get from articles that are official and made by a reputable house.

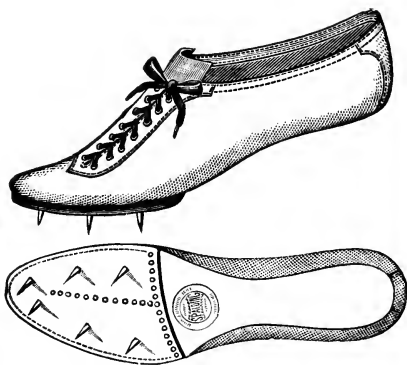
Spalding supplies special custom made athletic shoes, made according to your own measurements, at \$1 extra over their

regular price for stock shoes. For these made-to-order shoes they set aside special lasts, and keep on file your own measurements, so that duplicate pairs of shoes may be ordered at any time after the first order is placed, simply by giving your name and address. Write to any Spalding store, a list of which is given on inside front cover of this book, for measurement blank, which gives full directions for taking your own measurements.

They also furnish special made-to-order athletic shoes for base ball and foot ball players, the extra charge in each case for this special service being \$1 per pair over their price for regular stock shoes.



No. 10.



No. 11T.

It is very important that the beginner in athletics should know what to wear for the different sports. The cross-country runner requires a shoe with a low, broad heel, and spikes in sole of shoe; he can have spikes in the heel or not, just as it suits him. A pair of Spalding No. 14C shoes, which are made of the finest kangaroo leather, and used by all the prominent cross-country runners, cost \$6; when made to order, \$7 per pair. A sprinter will require a pair of sprinting shoes, No. 2-O, that sell for \$6, and \$7 when made to order. The No. 10, well made, of the finest lightweight calfskin, cost \$5 per pair, and \$6 when made to order. The sweater, No. A, of finest Aus-

tralian lamb's wool, was made originally by special order for the Yale foot ball team, is now used by all college athletes, is one of the best in the market, and sells for \$6; athletic shirt, No. 600, \$1.50; running pants, No. 3, at 75 cents; a supporter is very essential for an athlete, and nearly all the champions use them; No. 5 is the most suitable one, and retails at 75 cents; a pair of corks will cost the athlete 15 cents; pushers for the running shoes, 25 cents.

The second quality of the same line of goods can be bought as follows: Sprinting shoes, No. 10, \$5 (\$6 when made to



No. 14H.

No. 11.

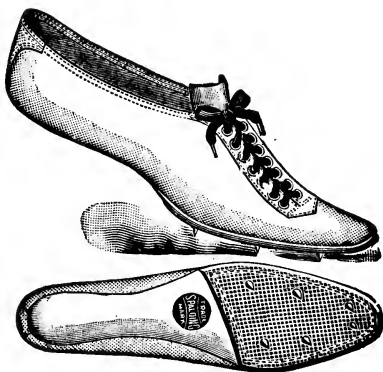
order); sweater, No. B, \$5; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers No. 5, 25 cents.

The pole-vaulter will want the same outfit, with the exception of a pair of jumping shoes, No. 14H, which sell for \$6, and a pair of wrist supporters, No. 200, which can be bought for 40 cents. The best pole on the market for athletic purposes is the 16-foot Spalding pole. This pole is made of hollow spruce, thus being much lighter, and, owing to a special preparation with which it is filled, the strength and stiffness is greatly increased. It retails for \$10; a 14-foot pole, hollow, retails for

\$9.50, and the solid for \$6. Usually the vaulter will wrap the pole to suit his own taste.

The high jumper and the broad jumper will want an outfit as follows: Jumping shoes, No. 14H, \$6; sweater, No. A, \$6; shirt No. 600, \$1.50; pants, No. 3, 75 cents; supporter, No. 5, 75 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents.

An outfit with several of the articles of a cheaper grade than the above costs: Jumping shoes, No. 14H, \$6; sweater, No. B, \$5; shirt, No. 6E, 50 cents; pants, No. 4, 50 cents; supporter, No. 2, 50 cents; corks, No. 1, 15 cents; pushers, No. 5, 25 cents.



No. 111—Indoor Running Shoe.

The man who throws the weights will require the same wearing apparel as the pole-vaulter or the runner. John Flanagan and James Mitchel, two of the greatest weight throwers in the world, wear what is known as the No. 14H shoe, with a short spike, which sells for \$6, and \$7 when made to order. It is very essential that the weight-thrower should have his own implements; in fact, nearly all the champion weight-throwers carry their own weights with them and guard them jealously.

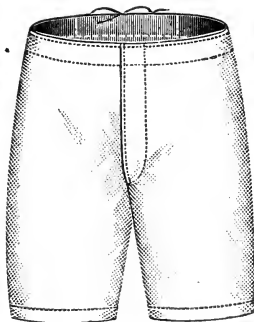
Among athletes and frequenters of gymnasiums and those athletically inclined, sleeveless and quarter-sleeve shirts have become popular. Spalding also has different styles of knee

pants, supporters, running and jumping shoes, and below we give for the athlete's information some selections for athletic equipment.

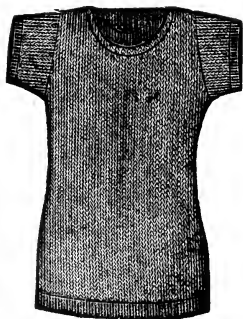
In sleeveless shirts, Spalding furnishes No. 600, a very satisfactory style, at \$1.50. This grade is made of cut worsted, and is furnished in navy blue, maroon, and black, in sizes from 26 to 42 inches chest. A similar shirt to this, but quarter-sleeve instead of sleeveless, is the Spalding No. 601, the price of which is also \$1.50 each. In best-grade worsted, full-fashioned, the Spalding No. 1E shirt is recommended. The price of this is \$3 each; and a similar shirt, quarter-sleeve, No. 1F,



Sleeveless Shirt.



Running Pants.



Quarter Sleeve Shirt.

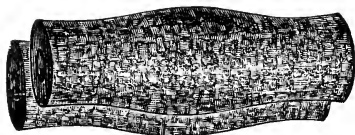
is also \$3 each. These best-grade worsted shirts are made in black, navy blue, and maroon, in sizes from 26 to 42 inches chest.

Spalding also furnishes sleeveless and quarter-sleeve shirts made of sanitary cotton. The No. 6E sleeveless shirt, of cotton costs 50 cents each, and is furnished in bleached white, navy blue, black, maroon, and in sizes from 26 to 44 inches chest measure, and a similar shirt in quarter-sleeve is No. 6F, and is also 50 cents each.

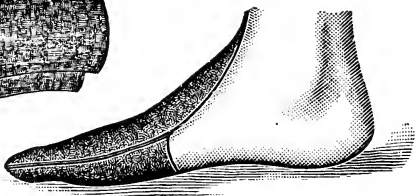
Knee pants, corresponding in grade to the above shirts, are furnished by Spalding also, No. 604 costing \$1.50 per pair, and furnished in same colors as the shirts and in sizes 28 to 42 inches waist. In the best worsted, Spalding furnishes No. 1B

at \$3 per pair; these are supplied in black, navy blue, and maroon, in sizes from 28 to 42 inches waist measurement. In sanitary cotton, the No. 4B knee tights, at 50 cents per pair, are furnished in bleached white, navy blue, black, and maroon, in sizes from 26 to 42 inches waist measurement.

With many athletes the new sleeveless shirts, with a four-inch stripe around chest, are becoming more popular than plain colors. Spalding furnishes these shirts in the following combinations of colors: navy blue with white stripe, black with orange stripe, maroon with white stripe, red with black stripe, royal blue with white stripe, and black with red stripe. These sleeveless shirts are Spalding's No. 600S, which cost \$1.50 each. A similar shirt to the No. 600S, but made of sanitary cotton,



Athletic Grips.



Chamois Pushers.

in solid colors and four-inch stripe around chest, in same combination of colors as the No. 600S, is the Spalding No. 6ES, which costs 75 cents each.

Also another very popular style is the sleeveless shirt with cotton sash of different color. Spalding has two styles, one of the best worsted, full-fashioned, in black, navy blue, and maroon, with sash of any color desired; this is the No. 1ER, at \$5 each. A cheaper grade, made of sanitary cotton, in solid colors, and sash of different color, is furnished in the same combination of colors as the No. 600S shirt mentioned above, and the price of the sanitary cotton shirt, with different colored sash, No. 6ED, is 75 cents each.

For full pants used by bicycle riders, etc., Spalding has three different grades of the best worsted, full-fashioned, furnished in black, navy blue, and maroon. They have their No. 1A at \$4 per pair, in sizes from 28 to 42 inches waist measurement, and in the same colors. They supply their No. 605 full tights, made of cut worsted, for \$2 per pair. They also have full tights of sanitary cotton, furnished in white, black, and flesh colors, in sizes from 26 to 42 inches waist, for \$1 per pair; these are their No. 3A.

Running pants are used by a great majority of athletes for one purpose or another. The name applies simply to one use to which they are put, as they are quite suitable for field athletes, and also are used in many cases for gymnasium wear.

Spalding supplies running pants in four different qualities: No. 1, of white or black sateen, fly front, lace back, costing \$1.25 per pair; No. 2, of slightly cheaper quality sateen, costing \$1 per pair; No. 3, of white and black silesia, costing 75 cents per pair; and No. 4, 50 cents per pair. Stripes down the sides of any of these running pants cost 25 cents per pair extra.

Recognizing the need of some kind of athletic wear that would be suitable at the same time for use as underwear during the heated term especially, but throughout the year if desired, Spalding has put out special cotton-mesh athletic underwear at reasonable prices, which, it is believed, will be recognized as filling this need. The quality of each article is very satisfactory, indeed, and they are nicely finished. The prices for these articles are: No. 15, white cotton-mesh sleeveless shirt, \$1. each; No. 15P, white cotton-mesh knee pants, \$1.50 per pair; No. 10E, natural cotton-mesh sleeveless shirt, \$1.50 each; No. 10EP, natural cotton-mesh knee pants, at \$1.50 per pair. The shirts are supplied in sizes 26 to 44-inch chest and the knee pants in sizes 28 to 42 inches waist.

Spalding also furnishes a very satisfactory knee pants for the same purpose, made of special twilled cotton, durable in quality, and at the same time extremely light in weight. These are: No. 280, white basket weave cotton knee pants, the price of which is 60 cents each per pair; and No. 210, white twill cotton

knee pants, very light and cool, at \$1 per pair. These are furnished in sizes from 28 to 42 inches waist measurement.

Spalding furnishes the most complete line of athletic jerseys and sweaters, made up of best quality, which look well and wear like iron. The prices are in every case regulated according to the cost of production. The full particulars are described in the Spalding catalogue, which will be mailed upon application from any Spalding store. The prices of the various styles of jerseys manufactured by Spalding are: No. 1P, \$4 each—solid colors, furnished in navy blue, black, maroon, and gray; No. 1PS, same quality as No. 1P, but in a great variety of colors, with 2-inch stripe, throughout. The price of No. 1PS is \$4.50 each. No. 10P, solid colors, \$3 each; No. 10PS, same quality as 10P, but with 2-inch stripe throughout, in a great variety of colors, \$3.50 each; No. 10PW, same quality as No. 10P, but with 6-inch stripe around, at \$3.25 each; and No. 10PX, also same quality as 10P, but with solid colors and alternate-stripe sleeves, \$3.25 each; No. 12P, solid colors, costs \$2.50 each; No. 12PX, same quality as 12P, but with sleeves striped alternately, \$2.75 each.

The Spalding No. AA sweater costs \$8 each; and No. A, slightly lighter in weight, \$6 each; No. B, at \$5. These sweaters are all furnished in white, navy blue, black, gray, and maroon, in sizes from 28 to 44 inches. A cheaper grade of sweater, known as the Shaker style, is also furnished by Spalding—No. 3, \$3.50.

Jacket sweaters are becoming more popular every season. Spalding furnishes a variety of styles to select from. Their No. VG is their best quality, made in gray or white only, and the price of this jacket sweater is \$6 each. The same sweater made with pockets on each side, their No. VPG, costs \$7 each. A somewhat lighter sweater for best quality is their No. CJ at \$5 each; and in the Shaker style, their No. 3J, \$4.50 each. In what is known as the vest-collar sweater Spalding furnishes a very popular style, No. BG, in white and gray only, at \$5.50 each.

When it comes to athletic shoes, the athlete who regards his reputation as valuable goes to Spalding for something that is



## SPALDING'S ATHLETIC LIBRARY.

really correct and that will do him credit. Spalding furnishes the running, jumping, and hurdling shoes used by the best men in track and field sports, and there is not a competing athlete of any prominence in this country who does not wear Spalding shoes. They are made at almost all prices, and each style will be found satisfactory in quality, and excellent value for the prices asked. The Spalding No. 2-O running shoe is considered the acme of perfection on the running track, and the price is \$6 per pair. It is made of the finest kangaroo leather, extremely light and glove-fitting, with best English steel spikes firmly riveted on. In a calfskin shoe, hand-made, Spalding furnishes their No. 10 at \$5 per pair; and in a calfskin machine-made shoe their No. 11T at \$4 per pair, and in a somewhat cheaper quality their No. 11 at \$3 per pair.

To the cross-country runner there is not any part of his equipment that is so important as the shoes he wears. Spalding furnishes the shoes worn by the best cross-country men. They make up one quality in a special cross-country shoe, their No. 14C, at \$6 per pair. They are really the best product of the shoemaker's art, being made of the finest kangaroo leather, with low heel, flexible shank, hand-made, and with six spikes on sole, and with or without spikes on heel, according to the preference of the runner.

In a jumping or hurdling shoe, Spalding furnishes a shoe similar in quality to the No. 14C and to the No. 2-O running shoe, and made with a special stiffened sole, and with spikes in heel; placed according to the latest ideas to assist jumpers. This is the No. 14H, jumping and hurdling shoe, and costs \$6 per pair.

For indoor running Spalding furnishes three styles of shoes: No. 111, fine leather, rubber-tipped sole, with spikes, at \$4 per pair; No. 112, with special rubber-tipped sole, and no spikes, at \$3 per pair, and No. 114, rubber-tipped, and with no spikes, for \$2.50 per pair.

For indoor jumping, the Spalding No. 210 shoe, hand-made, of best leather, with rubber soles and either with or without spikes, costs \$5 per pair.

A full line of elastic bandages, ankle and wrist supporters, and other articles necessary for the athlete, is carried at all Spalding stores, and a catalogue, giving cuts, descriptions, and prices of these goods, will be sent on application from any Spalding store. For the athlete a necessary article is an elastic supporter. Spalding furnishes these in a variety of styles. A popular style is the No. 5 bike jockey strap, the price of which is 75 cents each. These are made in three sizes: small, to fit waist 22 to 28 inches; medium, 30 to 38 inches; and large, 40 to 48 inches. The No. 2 style supporter, with elastic pieces on side, costs 50 cents each, and the No. 3, similar to No. 2, but with open-mesh front, also costs 50 cents each. The No. 1, made of the best Canton flannel, costs 25 cents each; and the No. X, similar to No. 1, but cheaper in quality, 20 cents each. In the line of suspensories the best quality is No. 4, the "Old Point Comfort," as \$1.50; No. 3, at \$1.25; and No. 2, at \$1 each. Other styles are made by Spalding at prices from \$1.25 each, down to 25 cents each.

A great benefit is often derived from the use of a satisfactory style of wrist supporter. Spalding furnishes these wrist supporters at prices from 20 cents to 50 cents each. The best quality—their No. 400—is made of genuine pigskin, nicely lined, and made on the improved English slitted style. The price of this No. 400 wrist supporter is 50 cents each. The No. 200 style, made of solid belt leather, either tan or black, with double strap and buckle, costs 40 cents each, and the No. 300, with laced fastening, 25 cents each. The other Spalding styles are: No. 100, single strap and buckle, 25 cents each; and No. 50, of grain leather, single strap and buckle, 20 cents each. Another very necessary article is a satisfactory style of ankle supporter. Years ago, Spalding got out the Hackey ankle supporter, made of fine leather. This proved to be one of the most necessary articles for the athlete. It can be worn either under or over the stocking and supports the ankle admirably, while not interfering in any way with better movements. It relieves pain immediately, and it cures a sprain in a remarkably short time. It is necessary when ordering to give size of shoe

worn. These ankle supporters are made in three qualities: No. H, of soft tanned leather, best quality, price \$1 per pair; No. SH, made of good quality sheepskin, 50 cents per pair, and No. CH, made of black duck, lined and bound, 25 cents per pair.

A copy of the Spalding catalogue, devoted to their line of uniform equipment, should be in the hands of every athlete, player, for there is listed in each Spalding catalogue numberless articles that are necessary for the athlete, and of which he might know nothing if they were not brought to his attention. Being in touch with the vast army of athletes in this country, A. G. Spalding & Bros. have means of testing out every idea thoroughly and to better advantage than any one else, and the benefit of their experience and knowledge gained during their thirty years in business is given over to every purchaser without additional cost in the Spalding line of athletic equipment. Copies of the Spalding catalogues will be sent free to any address on application to any of the Spalding stores, list of which is given below.

New York City—124-128 Nassau Street, and 29-33 West Forty-second Street.

Philadelphia, Pa.—1013 Filbert Street.

Boston, Mass.—73 Federal Street.

Baltimore, Md.—208 East Baltimore Street.

Washington, D. C.—709 Fourteenth Street, N. W., Colorado Building.

Pittsburg, Pa.—439 Wood Street.

Buffalo, N. Y.—611 Main Street.

Syracuse, N. Y.—University Block.

Cleveland, Ohio—741 Euclid Avenue.

Chicago, Ill.—147-149 Wabash Avenue.

St. Louis, Mo.—710 Pine Street.

Cincinnati, Ohio—Fountain Square, 27 East Fifth Street.

Kansas City, Mo.—1111 Walnut Street.

Minneapolis, Minn.—39 Sixth Street, South.

New Orleans, La.—140 Carondelet Street.

Denver, Col.—1616 Arapahoe Street.

San Francisco, Cal.—134 Geary Street.

Detroit, Mich.—254 Woodward Avenue.

Montreal, Canada—443 St. James Street.

London, England—53 Fetter Lane, E. C., and 29 Haymarket, S. W.

## WHAT TO USE FOR ATHLETICS

In an athletic article, the most necessary requisite is suitability, and in this particular the athlete who purchases from Spalding is sure to be satisfied, because every Spalding athletic article is made to satisfy the athlete in every way, which accounts for the unparalleled popularity of Spalding goods among athletes generally. The boy competing in athletics should go to Spalding's, if possible, and see what is necessary for him to use, and which will be best adapted to his needs; but if that is



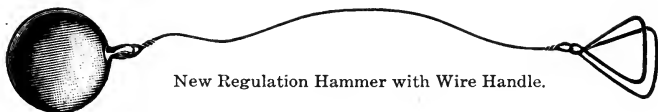
John Flanagan, Champion 16-lb. Hammer Thrower.

impossible, by sending his name on a postal card to the nearest Spalding store (see list on inside front cover), and stating what branch of athletic sport he is particularly interested in, a copy of the latest Spalding catalogue will be mailed to him, which contains pictures and prices of everything that is up to date in athletics.

Spalding athletic implements are made in exact accordance with the rules of the Amateur Athletic Union, and have been

recognized as official, and no athlete who tries for a record would think of using any other make, as he knows that Spalding's are invariably correct, and he can compete with the assurance that if he wins there will be no question of the illegality of the record, as sometimes happens when athletes use implements that do not comply with the official requirements.

For the hammer-thrower, the best hammer is the Spalding Championship Hammer, with ball-bearing swivel. This hammer was designed by Champion John Flanagan, who holds the world's record for throwing the hammer. The benefits of the ball-bearing construction will be quickly appreciated by all hammer-throwers. It is guaranteed absolutely correct in weight. The price of the No. 06 Spalding Championship Ball-Bearing Hammer, complete with sole-leather case, is \$7 for the 16-lb., and the same price for the 12-lb. If bought without the



New Regulation Hammer with Wire Handle.

leather case, the price is \$5 for either the 16-lb. or 12-lb. In the ordinary style hammer, with wire handle, but not ball-bearing, the No. 9, Practice, made of lead, 12-lb., costs \$4.50, and the No. 10, Regulation, 16-lb. lead, \$5. In iron hammers the No. 12, Juvenile, 8-lb., costs \$2.50; the No. 14, Practice, \$3.50; and the No. 15, Regulation, 16-lb., \$3.75. Wire handles for any of the foregoing hammers, with the exception of the Championship, cost 75 cents each. Handles for the Championship hammer are not supplied separately, but have to be put in at the Spalding factory at an extra charge.

It is advisable for a weight-thrower who wants to become expert to carry his own weights, and particularly his own hammer. He can then arrange to have the grip made to suit himself, and when necessary, to cover it with leather, and he will not be called upon when he goes to a competition to take the ordinary hammer with a handle with which he is not familiar.



Regulation 56-lb. Weight.

The Spalding 56-lb. weight is made after designs submitted by Champion James S. Mitchel, the winner of innumerable contests both in America and Europe. It has been endorsed by all the leading weight-throwers, and is guaranteed correct in weight and in exact accordance with the rules of the Amateur Athletic Union. The 56-lb. weight is made in lead only, and costs, complete, \$12.

For shot putters the Spalding make is guaranteed correct in weight. Two styles of metal are used—lead and iron. In lead, the 16-lb. shot, No. 19, costs \$3.50, and the 12-lb., No. 21, \$3. In iron, the 16-lb., No. 23, costs \$1.75; the 12-lb., No. 25, \$1.50; and the 8-lb., No. 18, \$1.25. The latter weight

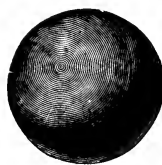
is made in iron only. For indoor use Spalding supplies shot with a leather cover, which prevents the shot from losing weight, even when used constantly. The prices on the leather-covered shot are as follows: 16-lb., No. 4, \$7.50; 12-lb., No. 3, \$7; and the 8-lb., No. 26, \$5. For indoor use, however, the best shot is Spalding's patented rubber-



Rubber Covered Shot.



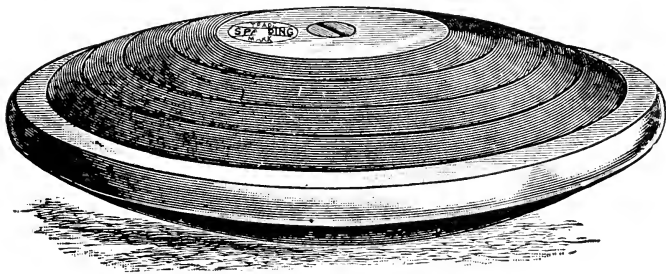
Indoor Shot.



Regulation Shot.

covered indoor shot, which is made according to scientific principles, with a rubber cover that is perfectly round, giving a fine grip and having the proper resiliency when it comes in contact with the floor. It will wear longer than the ordinary leather-covered, and in addition there is no possibility that the lead dust will sift out, therefore it is always full weight. It has been thoroughly tested in the gymnasium of one of the greatest colleges in the country, and pronounced perfect by all who have had an opportunity to use it. The prices are: 16-lb., No. P, \$10; 12-lb., No. Q, \$9.

Since the revival of discus-throwing at the Olympic games at Athens in 1906, and which, by the way, was won by an American, Robert Garrett, of Princeton, the Spalding discus has been



Spalding Olympic Discus.

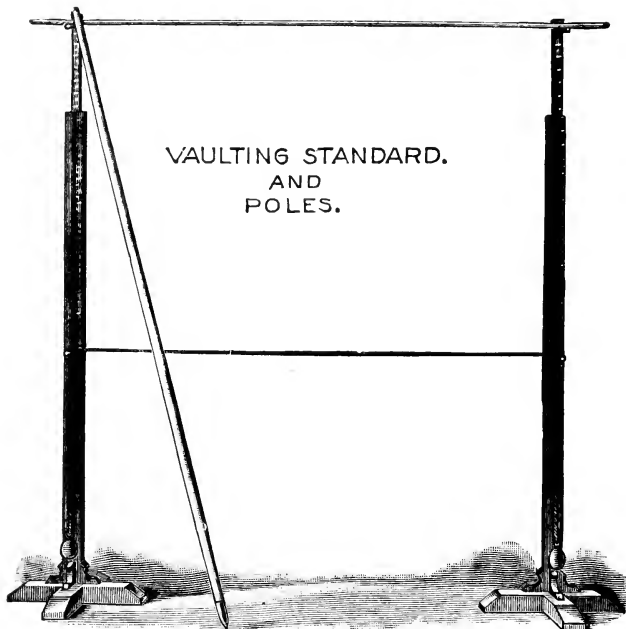
recognized as the official discus, and is used exclusively by Martin Sheridan, the hero of the Olympic games of 1906 at Athens, whose winnings contributed materially to the securing by the American team of the greatest number of points in the athletic events. The price of the discus is \$5. For the use of more youthful athletes, however, a discus similar to the official discus is made, with the exception that it is lighter in weight. This Spalding Youths' Discus, as it is called, has been endorsed by the Public Schools Athletic League, and costs \$4.

For the pole-vaulter, the greatest care is exercised in making Spalding poles, only the most perfect and thoroughly seasoned pieces of spruce being used, making them the only poles that

SPALDING'S ATHLETIC LIBRARY.

are really fit and safe for an athlete. The prices are as follows: No. 104, 16 feet long, each, \$7; No. 103, 14 feet long, \$6; No. 102, 12 feet long, \$5; No. 101, 10 feet long, \$4; No. 100, 8 feet long, \$3.

Spalding hollow spruce poles are considerably lighter than the solid poles, and the interior is filled with a special preparation



which greatly increases the strength and stiffness. The prices are: No. 204, 16 feet long, each, \$10; No. 203, 14 feet long, \$9.50; No. 202, 12 feet long, \$9; No. 201, 10 feet long, \$8.50; No. 200, 8 feet long, \$8.

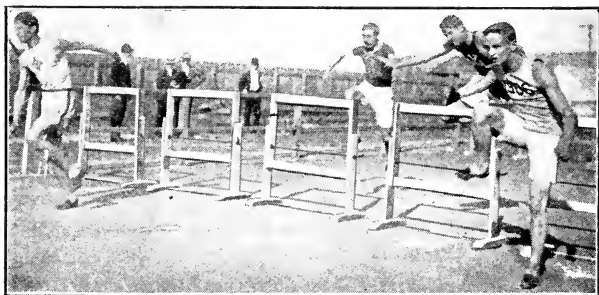
In getting up the line of vaulting standards extreme care is taken to have the Spalding standards made carefully and well.



## SPALDING'S ATHLETIC LIBRARY.

There is nothing flimsy about them, and the measurements are clearly and correctly marked, so as to avoid any misunderstanding or dispute. The best is No. 109, wooden uprights, graduated in quarter inches, adjustable to 13 feet, complete, \$15; No. 110, wooden uprights, inch graduations, adjustable to 10 feet, \$10; No. 111, wooden uprights, inch graduations, 7 feet high, \$9.00. Hickory crossbars, when purchased separately, cost \$3 per dozen.

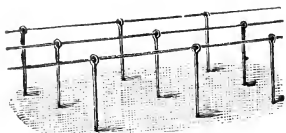
There is one article that a contestant in a pole-vaulting event must have, and that is his own pole. There is a great deal in getting used to a pole and having confidence in the one that is yours, because no other contestant is allowed to use it, according to the rules, which is quite right, for it is a mistake for a pole-vaulter to allow another to use his pole, especially if the other man is heavier than the owner. Anyone can readily understand that a man who weighs 160 pounds cannot use a pole designed for a man weighing 115 pounds.



Foster's Safety Hurdle at the World's Fair, St. Louis.

At the Buffalo Exposition and at the Olympic games in St. Louis the Foster Patent Safety Hurdle, manufactured by Spalding, was used exclusively. This style can be used for either high or low hurdles. The frame is 2 feet 6 inches high, with a horizontal rod passing through it 2 feet above the ground. The hurdle is a wooden gate, 2 feet high, swinging on this rod at a point 6 inches from one of the sides and 18 inches from

the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. The price of the Foster Safety Hurdle is \$3.50 each, and when purchased in sets of 40 hurdles, \$100 per set.



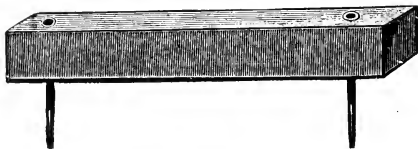
Lanes for Sprint Races.

In sprint races, wherever possible, each contestant should have his own lane. A complete set of Spalding lanes, with sufficient cord and stakes to lay out a 100-yards course, can be bought for \$15. The stakes are very strong and

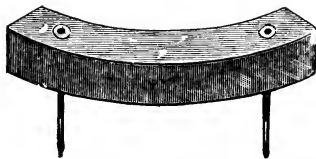
made with pointed ends, and can be driven into very hard ground.

In laying out or rearranging grounds great care should be taken to see that the field sports can go on without interference, and in the management of a large meeting it is very essential that more than one field sport should go on at more than one time. Therefore it should be arranged to have the running broad jump, running high-jump and the circles for weight, throwing separated. In order to have your plant as perfect as possible it is necessary to have all the apparatus that is necessary, not only to conduct an athletic meet, but to give the different athletes an opportunity to practice the various sports.

Great care should be taken in the arrangement of the broad jump. The toe-board is a very important article, and is generally overlooked, and the runway requires as much attention as the track. At the average athletic grounds the jumping



Take-off Board.



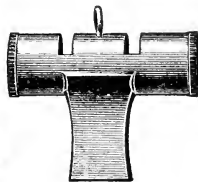
Toe Board or Stop Board.

path is usually neglected. A regulation take-off board can be obtained from Spalding for \$3, and a toe-board or stop-board for \$3.50.

For the starter at an athletic meet Spalding has a very satisfactory and correct style of starter's pistol in a 32-caliber pistol, with 2-inch barrel and patent ejecting device, for \$6.00. Another necessary article is a whistle for announcing that everything is ready for a start and also for attracting the attention of the officials. Spalding has two very good styles of whistles, either of which costs 25 cents each. Cuts are shown herewith. It is well also to have several measuring tapes to measure broad jumps, shot puts, hammer and weight throwing. There



Starter's Pistol.



No. 1.



No. 2.

are a great many different styles of measuring tapes made, some plain, others in cases, but for general all-around use, as a really reliable measure, the special tapes which Spalding has made up are beyond any of the others. These steel tapes are furnished on patent electric reel, which allows the entire tape open to dry, and can be reeled and unreeled as easily as tapes in cases. It is especially adapted to lay off courses and long measurements, and accuracy is guaranteed. This style tape is furnished in two different lengths. No. 1B, 100 feet long, graduated every foot, and each end foot in inches, costs \$5 each. No. 11B, 200 feet long, graduated every foot, and each end foot in inches, costs \$7.50. The captain of the club should also provide himself with several balls of yarn for the finish.

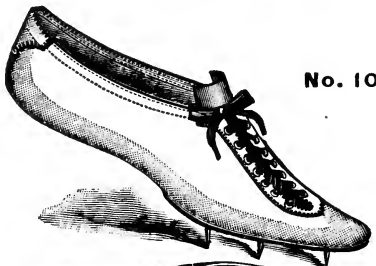


## Running Shoes

**FINEST** Calfskin Running Shoe; light weight, hand made, six spikes.

**No. 10**

Per pair . . \$5.00



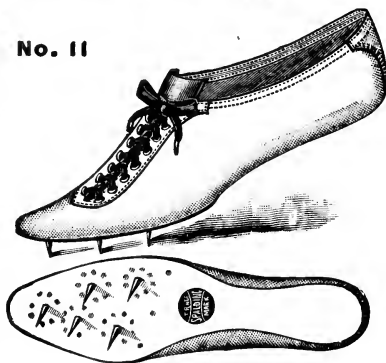
**No. 11**

## Running Shoe

**CALFSKIN** Running Shoe, machine made.

**No. 11**

Per pair . . \$3.00



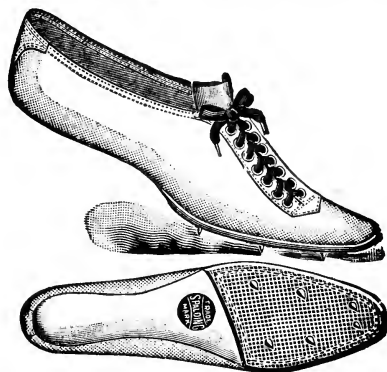
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# Spalding Athletic Wear



## INDOOR RUNNING SHOES

Made With or Without Spikes

- No. 111. Fine leather, rubber tipped sole, with spikes. Per pair, \$4.00  
 No. 112. Leather shoe, special corrugated rubber tap sole, no spikes. 3.00  
 No. 114. Leather shoe, rubber tipped, no spikes. Per pair, 2.50

## INDOOR JUMPING SHOES

Made With or Without Spikes

Hand-made, Best Leather Indoor Jumping Shoe, rubber soles.

No. 210. Per pair, \$5.00

*Send for Spalding's Illustrated Catalogue of all Athletic Goods.*

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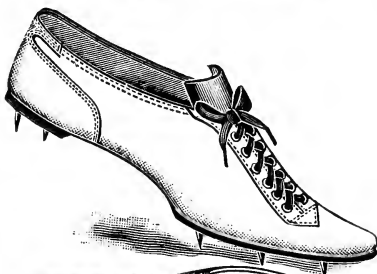
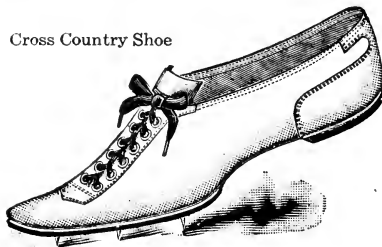
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Cross Country Shoe



Jumping and Hurdling Shoe.

## Cross Country Shoes

**FINEST** Kangaroo leather; low broad heel, flexible shank, hand sewed; six spikes on sole; with or without spikes on heel.

**No. 14C**

Per pair . . \$6.00

## Jumping and Hurdling Shoe

**FINE** kangaroo leather, hand made, specially stiffened sole, and spikes in heel placed according to the latest ideas to assist jumper.

**No. 14H**

Per pair . . \$6.00

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GRAND PRIZE  
ST. LOUIS  
1904



GRAND PRIX  
PARIS  
1900

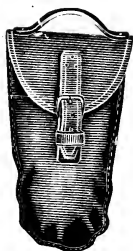


A. C. Spalding & Bros.:  
Gentlemen:—I have tested  
the 16-pound hammer you made  
under my direction and found  
it to be perfect. I find it  
easy to stay in circles when  
manipulating, and owing to its  
ball-bearing construction it  
gets less resistance from the  
air—leaves the hand smoother  
and in fact fills the bill com-  
pletely as to what a perfect  
hammer should be. I will use  
it in all competitions and will  
recommend same to those wishing  
to excel in hammer throwing.  
You have my permission to use  
my name.  
Yours respectfully,  
*John Flanagan*



JOHN FLANAGAN  
Champion 16-lb.  
Hammer Thrower

Record, 172 ft. 11 ins.  
made in Long Island  
City, July 31, 1904.



## Spalding Championship Hammer With Ball-Bearing Swivel

**T**HE Spalding Championship Ball Bearing Hammer, originally designed by John Flanagan, the champion of the world, has been highly endorsed only after repeated trials in championship events. The benefits of the ball bearing construction will be quickly appreciated by all hammer throwers. Guaranteed absolutely correct in weight.

- |          |                                    |        |
|----------|------------------------------------|--------|
| No. 02.  | 12-lb., with sole leather case.    | \$7.00 |
| No. 02X. | 12-lb., without sole leather case. | 5.00   |
| No. 06.  | 16-lb., with sole leather case.    | 7.00   |
| No. 06X. | 16-lb., without sole leather case. | 5.00   |

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# Regulation 56-lb. Weight



Made after model submitted by Champion J. S. Mitchel, and endorsed by all weight throwers. Packed in box and guaranteed correct in weight and in exact accordance with rules of A. A. U.

No. 2. Lead 56-lb. weights. Complete, **\$12.00**

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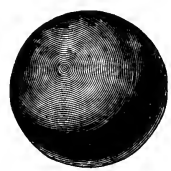
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# Regulation Shot, Lead and Iron

*Guaranteed Correct in Weight.*



No. 19.	16-lb., Lead.	-	Each, \$3.50
No. 21.	12-lb., Lead.	-	" 3.00
No. 23.	16-lb., Iron.	-	" 1.75
No. 25.	12-lb., Iron.	-	" 1.50
No. 18.	8-lb., Iron.	-	" 1.25

# Spalding New Regulation Hammer

With Wire Handle.



*Guaranteed Correct in Weight.*

## LEAD

No. 9.	12-lb., Lead, Practice.	-	Each, \$4.50
No. 10.	16-lb., Lead, Regulation.	-	" 5.00

## IRON

No. 12.	8-lb., Iron, Juvenile.	-	Each, \$2.50
No. 14.	12-lb., Iron, Practice.	-	" 3.50
No. 15.	16-lb., Iron, Regulation.	-	" 3.75

## EXTRA WIRE HANDLES

No. FH.	For above hammers.	-	Each, .75
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# Spalding Rubber Covered Indoor Shot

(Patented December 19, 1905)



This shot is made according to scientific principles, with a rubber cover that is perfectly round; gives a fine grip, and has the proper resiliency when it comes in contact with the floor. It has been tested thoroughly in the gymnasium of one of the greatest colleges in the country, and is pronounced perfect by all who have had an opportunity to use it.

No. **P.** 16-lb., **\$10.00** | No. **Q.** 12-lb., **\$9.00**

## Indoor Shot

With our improved leather cover. Does not lose weight even when used constantly.



No. <b>3.</b>	12-lb.	.	.	.	<b>\$7.00</b>
No. <b>4.</b>	16-lb.	.	.	.	<b>7.50</b>
No. <b>26.</b>	8-lb.	.	.	.	<b>5.00</b>

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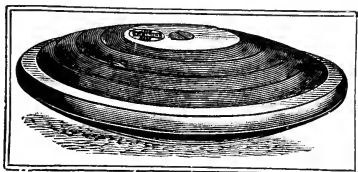
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# Spalding Olympic Discus

Since the introduction of Discus Throwing, which was revived at the Olympic Games, in Athens, in 1896, and



which was one of the principal features at the recent games held there, the Spalding Discus has been recognized as the Official Discus, and is used in all competitions because it

conforms exactly to the Official rules in every respect. Packed in a sealed box, and guaranteed absolutely correct.

Price, \$5.00

## The Spalding Youths' Discus

*Officially adopted by the Public Schools Athletic League.*

To satisfy the demand for a discus that will be suitable for the use of the more youthful athletes, we have put out this season a special discus, smaller in size and lighter in weight than the regular Official size. This Youths' Discus is made in exactly the same way as the Official style, merely differing in size and weight. . . . Price, \$4.00

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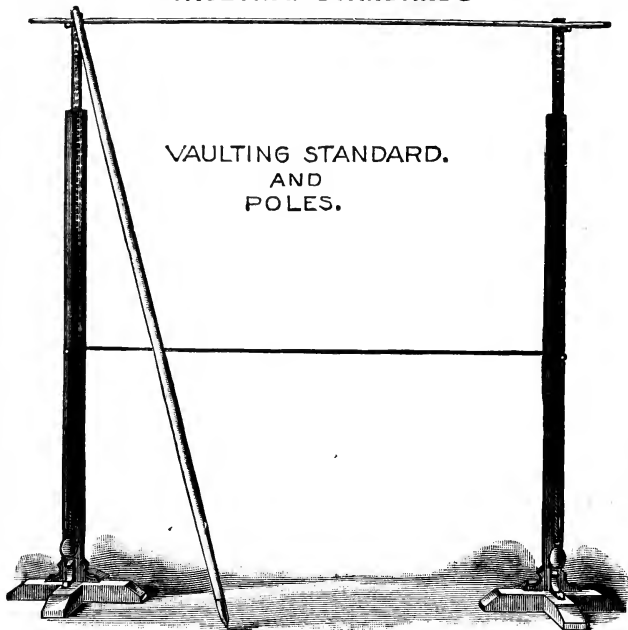
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## VAULTING STANDARDS



### VAULTING STANDARD. AND POLES.

No. 109. Wooden uprights, graduated in quarter inches, adjustable to 13 feet. Complete, **\$15.00**

No. 110. Wooden uprights, inch graduations, adjustable to 10 feet. Complete, **\$10.00**

No. 111. Wooden uprights, inch graduations, 7 feet high. **9.00**

### CROSS BARS

No. 112. Hickory. Per doz., **\$3.00**

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# VAULTING POLES

## SELECTED SPRUCE

No. 100.	8 feet long, solid.	. .	Each, \$3.00
No. 101.	10 feet long, solid.	. .	" 4.00
No. 102.	12 feet long, solid.	. .	" 5.00
No. 103.	14 feet long, solid.	. .	" 6.00
No. 104.	16 feet long, solid.	. .	" 7.00

## HOLLOW SPRUCE POLES

Considerably lighter than the solid poles, and the special preparation with which we fill the interior of pole greatly increases the strength and stiffness.

No. 200.	8 feet long, hollow.	. .	Each, \$8.00
No. 201.	10 feet long, hollow.	. .	" 8.50
No. 202.	12 feet long, hollow.	. .	" 9.00
No. 203.	14 feet long, hollow.	. .	" 9.50
No. 204.	16 feet long, hollow.	. .	" 10.00

*Send for Spalding's Handsomely Illustrated Catalogue  
of all Athletic Sports.*

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GRAND PRIZE

ST. LOUIS

1904



GRAND PRIX

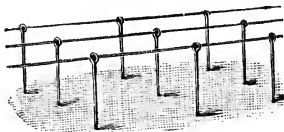
PARIS

1900

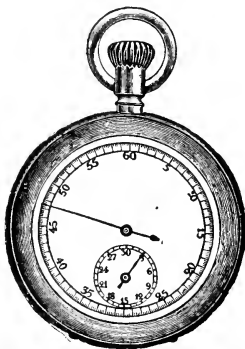


## Lanes for Sprint Races

WE supply in this set sufficient stakes and cord to lay out four 100-yard lanes. Stakes are made with pointed ends and sufficiently strong so that they can be driven into hard ground.



No. L. Per Set, \$15.00



## Stop Watch

STOP Watch, stem winder, nickel-plated case, porcelain dial, registered to 60 seconds by 1-5 seconds, fly back, engaging and disengaging mechanism.

Each, \$7.50

Montreal,  
Canada

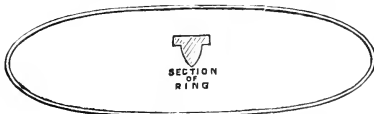
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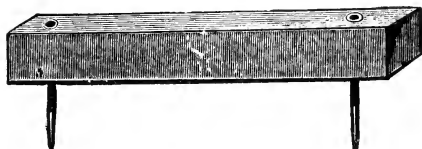


## 7-FOOT CIRCLE

THE discus, shot and weights are thrown from the 7-foot circle. Made of one-piece band iron with bolted joints. Circle painted white.

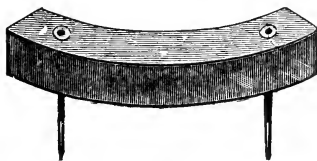
Each, \$10.00

## TAKE OFF BOARD



THE Take-off Board is used for the running broad jump and is a necessary adjunct to the athletic field. Regulation size, top painted white.

Each, \$3.00



## TOE BOARD OR STOP BOARD

THE Toe Board or Stop Board is used when putting the 16-lb. shot, throwing weights and discus, and is curved on the arc of a 7-foot circle. Toe Board, regulation size, painted white and substantially made.

Each, \$3.50

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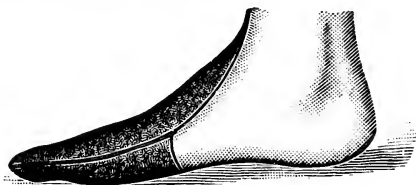
# Spalding Athletic Wear

## CHAMOIS PUSHERS

Made of fine chamois skin and used with running, walking, jumping and other athletic shoes.

No. 5.

Per pair, 25c.



## Protection for Running Shoe Spikes



Made of thick wood, shaped and perforated to accomodate spikes of running shoes. A great convenience for runners.

No. N. Per pair, 50c.

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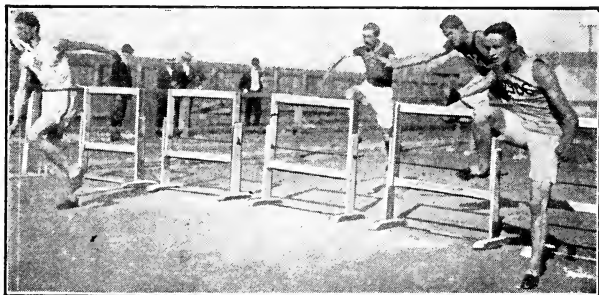
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## Foster's Patent Safety Hurdle



FOSTER'S SAFETY HURDLE AT THE WORLD'S FAIR, ST. LOUIS.

THE frame is 2 feet 6 inches high, with a horizontal rod passing through it 2 feet above the ground. The hurdle is a wooden gate 2 feet high, swinging on this rod at a point 6 inches from one of the sides and 18 inches from the other. With the short side up it measures 2 feet 6 inches from the ground, and with the long side up, 3 feet 6 inches. The hurdle can be changed from one height to the other in a few seconds, and is held firmly in either position by a thumb-screw on the rod. It would be hard to conceive any device more simple or more easily handled than this. The invention was used exclusively at the Olympic Games at St. Louis and has met with the approval of the best known physical directors and trainers of the country.

**Single Hurdle, \$3.50**

**Per set of Forty Hurdles, \$100.00**

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GRAND PRIX  
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## SLEEVELESS SHIRTS

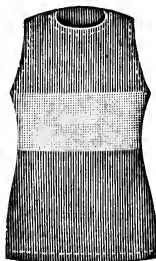
No. 1E. Best Worsted, full fashioned, stock colors and sizes. Each, \$3.00

No. 600. Cut Worsted, stock colors and sizes. . . Each, \$1.50

No. 6E. Sanitary Cotton, stock colors and sizes. . . Each, 50c.

## STRIPED SLEEVELESS SHIRTS

Cut Worsted, with 4-inch stripe around chest, in following combinations of colors: Navy with White stripe; Black with Orange stripe; Maroon with White stripe; Red with Black stripe; Royal Blue with White stripe, Black with Red stripe.



No. 600S. Each, \$1.50

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Best Worsted, full fashioned, stock colors  
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**No. 1F. Each, \$3.00**

Cut Worsted, stock colors and sizes.

**No. 601. Each, \$1.50**

Sanitary Cotton, stock colors and sizes.

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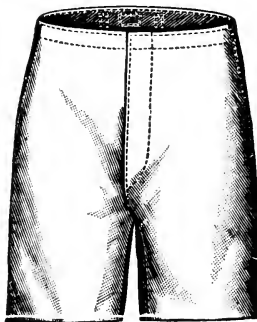
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# Spalding Athletic Wear



## RUNNING PANTS

- No. 1. White or Black Sateen, fly front, lace back. **\$1.25**  
 No. 2. White or Black Sateen, lace back, fly front. **\$1.00**  
 No. 3. White or Black Silesia, fly front, lace back. **75c.**  
 No. 4. White or Black Silesia, fly front, lace back. **50c.**

Stripes down sides of any of these running pants, **25c.** per pair extra.

## COMPETITORS' NUMBERS

Printed on Heavy Manila Paper or Strong Linen



			MANILA	LINEN
No. 1.	1 to 50.	Set, \$	.50	\$2.50
No. 2.	1 to 75.	"	.75	3.75
No. 3.	1 to 100.	"	1.00	5.00
No. 4.	1 to 150.	"	1.50	7.50
No. 5.	1 to 200.	"	2.00	10.00
No. 6.	1 to 250.	"	2.50	12.50

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Full Tights, best worsted, full fashioned,  
stock colors and sizes.

No. 1A. Pair, \$4.00

No. 605. Full Tights, cut worsted, stock  
colors and sizes. - Pair, \$2.00

Full Tights, cotton, full  
quality. White, Black,  
Flesh.

No. 3A. Pair, \$1.00

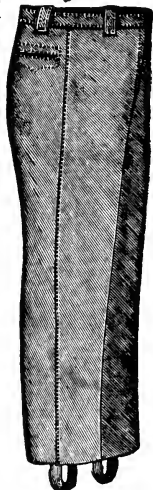
## Y. M. C. A. :: :: TROUSERS

**Regulation Style**

No. 4. Flannel, medium quality. Pair, \$1.75

No. 3. Flannel, good quality. Pair, 3.00

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## VELVET TRUNKS

Fine Velvet. Colors :  
Black, Navy, Royal Blue,  
Maroon. Special colors  
to order.



**No. 3. Each, \$1.00**

Sateen, Black, White.

**No. 4. Each, 50c.**



## WORSTED TRUNKS

Best Worsted, Black,  
Maroon and Navy.

**No. 1. Pair, \$2.00**

Cut Worsted, Navy and Black.

**No. 2. Pair, \$1.00**

Special colors to order.

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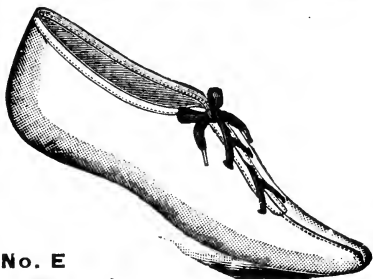
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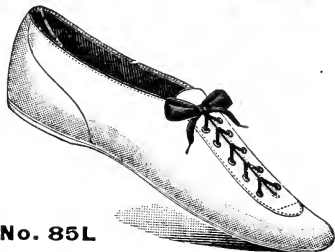
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No. 20



No. E



No. 85L

## Gymnasium Shoes

Selected leather, electric sole. A very easy and flexible shoe.

No. 20. Low cut. **\$1.75**

No. 21. High cut. **2.00**

Low cut canvas, canvas sole; very popular for gymnasium.

No. E. Per pair, **35c.**

Special ladies' low cut shoe, selected black leather, with roughened electric sole.

No. 85L. Per pair, **\$2.00**

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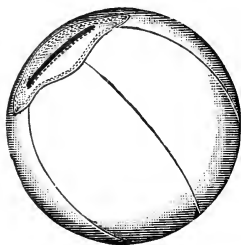
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# Spalding

## Improved Medicine Balls



**W**EIGH from four to nine pounds. The covering is of selected tan leather sewn in the same manner as our foot balls. Quality throughout has been much improved and the balls as now made are extremely durable. The exercise consists of throwing ball to one another, and the catching of it develops the chest, exercises the back, arms, legs; in fact, improves the whole system.

No. 11.	4-lb. ball.	Each, \$5.00
No. 12.	6-lb. ball.	“ 6.00
No. 13.	9-lb. ball.	“ 7.00

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## VOLLEY BALL



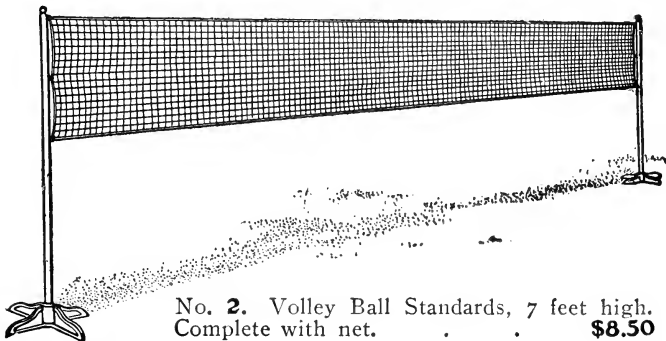
**V**OLLEY BALL is a new game which is pre-eminentlly fitted for the gymnasium or the exercise hall, but which may be played out of doors. Any number of persons may play the game. The play consists of keeping the ball in motion over a high net, from one side to the other, thus partaking of the character of two games, tennis and hand ball.

Made of white leather. Constructed with capless ends and furnished with pure gum guaranteed bladder.

No. **V.** Regulation size; best quality. Each, **\$4.00**

No. **W.** Regulation size; best quality. Each, **2.50**

## Volley Ball Net and Standards



No. **2.** Volley Ball Standards, 7 feet high.  
Complete with net. **\$8.50**

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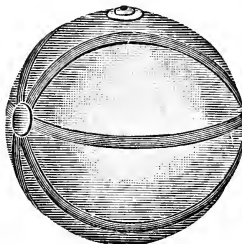
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## WATER POLO BALL



Made of white rubber fabric, inflated with  
key. Regulation size. . . Each, **\$2.00**

## WATER POLO GUIDE

No. **129**. Containing directions for play-  
ing and official rules. . . . . **10c.**

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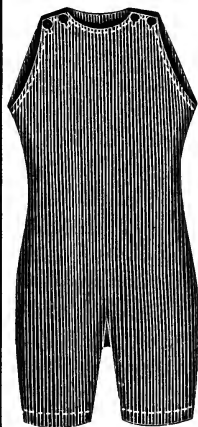
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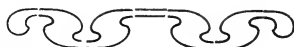


## Expert Racing and Swimming Suit



Send for Spalding's handsomely illustrated catalogue of all sports. Mailed free to any address in the United States or Canada.

No. **2R.** Made of mercerized cotton, silky finish, and shedding water readily. Light weight and nicely finished; buttons over shoulders. Color: Navy Blue. Per suit, **\$2.00**



No. **1R.** Made of cotton, light in weight, snug fitting and well finished. Buttons over shoulders. Color: Navy Blue. Per suit, **\$1.00**

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No. 19

# The Spalding Striking Bags

*The Bladders used in all our Striking Bags are made of pure Para rubber and Fully Guaranteed*

No. 18. The "Fitzsimmons Special." Made of finest selected olive Napa tanned leather, extra well made; double stitched, red welted seams and reinforced throughout. For training purposes particularly this bag will be found extremely satisfactory in every respect. **\$5.00**

No. 18S. Same as No. 18, but smaller in size and lighter. Intended for very speedy work. Each, **\$5.00**

No. 12. Made of olive tanned leather, specially selected; double stitched, red welted seams and reinforced throughout. Excellent for quick work. Each, **\$4.00**

No. 10. Made of specially tanned brown glove leather; double stitched, red welted seams and reinforced throughout. Well made in every particular. Each, **\$3.50**

No. 17. Made of fine craven tanned leather, well finished; double stitched, red welted seams and reinforced throughout. A good bag. Each, **\$3.50**

No. 16. Made of extra fine grain leather; full size and lined throughout. Each, **\$3.00**

No. 15. Made of olive tanned leather; full size and lined throughout; red welted seams. Each, **\$2.00**

No. 14. Good quality drab leather; lined throughout. **\$1.50**

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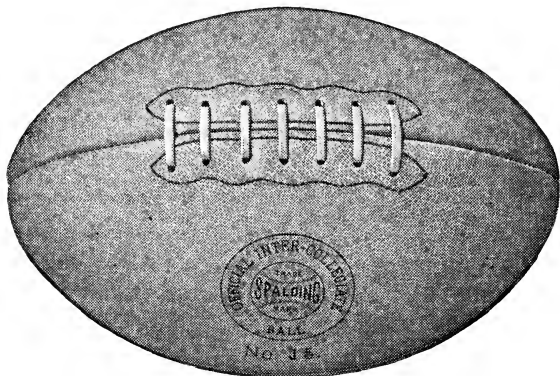
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Yours truly,  
J. Brown Harrison



# The Spalding Official Intercollegiate Foot Ball



No. **J5**. This is the **only** Official Rugby Foot Ball, and is used in every important match played in this country. Guaranteed absolutely if seal of box is unbroken. We pack with leather case and pure Para rubber bladder, an inflater, lacing needle and rawhide lace. . . Complete, **\$5.00**

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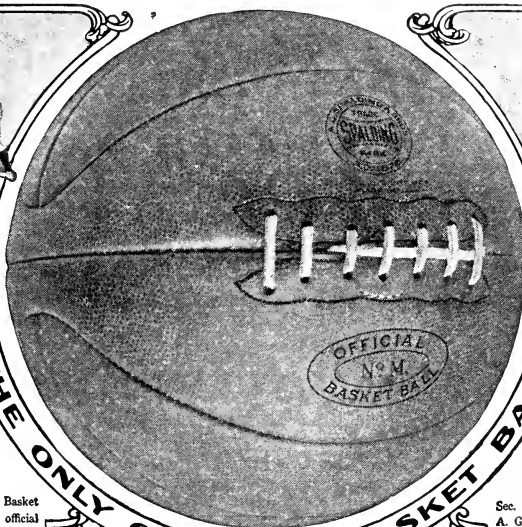
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# THE SPALDING "OFFICIAL" BASKET BALL



Extract from  
Official Collegiate  
Rule Book

The Spalding Official Basket Ball, No. M., is the official ball of the Intercollegiate Basket Ball Association, and



must be used in all match games.

Extract from Men's Official Rule Book

RULE II—BALL

Sec. 3. The ball made by A. G. Spalding & Bros. shall be the official ball.



Official balls will be stamped as herewith, and will be in sealed boxes.

Sec. 4. The official ball must be used in all match games.

Extract from  
Women's Official  
Rule Book

RULE II—BALL

Sec. 3. The ball made by A. G. Spalding & Bros. shall be the official ball. Official balls will be stamped as herewith, and will be in sealed boxes.



Sec. 4. The official ball must be used in all match games.

**O**FFICIALLY adopted and standard. The cover is made in four-sections, with capless ends and of the finest and most carefully selected pebble grain English leather. We take the entire output of this superior grade of leather from the English tanners, and in the Official Basket Ball use the choicest parts of each hide. The bladder is made specially for this ball of extra quality Para rubber. Each ball packed complete, in sealed box, and guaranteed perfect in every detail. To provide that all official contests may be held under absolutely fair and uniform conditions it is stipulated that this ball must be used in all match games of either men's or women's teams.

**No. M. Spalding "Official" Basket Ball. Each, \$6.00**

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# SPALDING OFFICIAL LEAGUE BALL

Is the Standard of the World

It is the Original League Ball

It is the Universally Adopted League Ball

It is the Official League Ball

It is the Best League Ball

It has been formally adopted as the Official Ball of

## THE NATIONAL LEAGUE FOR 30 YEARS

It has also been adopted as the Official Ball for all Championship Games by the following Professional Leagues:

EASTERN LEAGUE for 20 years  
NEW ENGLAND LEAGUE for 20 years  
NORTHERN LEAGUE for 5 years  
TEXAS LEAGUE for 13 years  
WESTERN ASSOCIATION for 11 years  
PACIFIC COAST LEAGUE for 10 years

INTER-STATE LEAGUE for 9 years  
NEW YORK STATE LEAGUE for 11 years  
CENTRAL LEAGUE for 5 years  
SOUTH ATLANTIC LEAGUE for 5 years  
INDIANA, ILLINOIS and IOWA  
LEAGUE for 7 years

*And by 22 other Professional Leagues that have adopted the Spalding League Ball from 1 to 4 years.*

THE Spalding League Ball was first adopted by the National League in 1878, and is the only ball that has been used in Championship League Games since that time.

In the recent great World's Championship Games in Chicago between the Chicago Nationals and the Chicago Americans the Spalding League Ball was used.

IN addition to the different American adoptions, the Spalding Official League Ball has been made the official ball by the governing Base Ball Associations of Mexico, Cuba, Canada, Australia, South Africa, Great Britain, Philippine Islands, Japan, and, in fact, wherever Base Ball is played. The Spalding League Ball has received this universal adoption because of its well established reputation for uniformity and high quality, but the special object of such adoptions, from the players' standpoint, is to secure absolute uniformity in a ball, that will prevent unfair "jockeying" with an unknown ball, and make National and International Base Ball contests possible, and at the same time make the records of players of value, and uniform throughout the world, which can only be secured by standardizing one well known ball.

**The Spalding Official League Ball** is used by Yale, Harvard, Princeton and all prominent college teams. The soldiers and sailors in the United States Army and Navy use it exclusively. In fact, the Spalding League Ball is in universal use wherever Base Ball is played.

Once in a while a minor league will experiment for a short time with some other ball, but invariably returns to the Spalding League Ball, which has now become universally recognized

## The Standard of the World



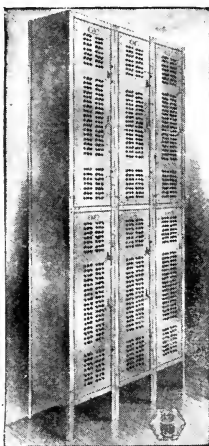
# Durand-Steel Lockers

**W**OODEN LOCKERS are objectionable because they attract vermin, absorb odors, can be easily broken into, and are dangerous on account of fire. Lockers made from wire mesh or expanded metal afford little security, as they can be easily entered with wire cutters. Clothes placed in them become covered with dust and the lockers themselves present a poor appearance, resembling animal cages.

**Durand-Steel Lockers** are made of high-grade steel plates, and are finished with gloss-black Furnace baked Japan (400°), comparable to that used on hospital ware, which will never flake off nor require refinishing, as do paints and enamels.

**Durand-Steel Lockers** are usually built with doors perforated full length in panel design, with sides and backs

solid. This prevents clothes in one locker from

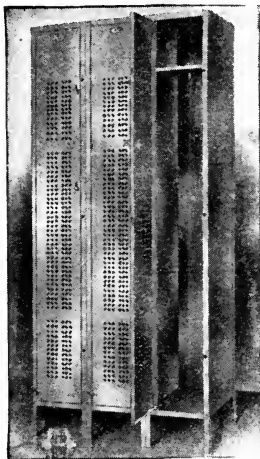


Six Lockers in Double Tier

coming in contact with wet garments in adjoining lockers, while plenty of ventilation is secured by having the door perforated its entire length, but if the purchaser prefers we perforate the backs also.

The cost of Durand-Steel Lockers is no more than that of first-class wooden lockers, and they last as long as the building, are sanitary, secure, and in addition, are fire-proof.

We are handling lockers as a special contract business, and shipment will in every case be made direct from the factory in Chicago. If you will let us know the number of lockers, size, and arrangement, we shall be glad to take up through correspondence the matter of prices.



Three Lockers in Single Tier

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## Who are A. G. Spalding & Bros.?

Albert G. and J. Walter Spalding commenced business March 1st, 1876, at Chicago, under the firm name A. G. Spalding & Bro., with a capital of \$800. Two years later their brother-in-law, William T. Brown, came into the business, and the firm name was then changed to A. G. Spalding & Bros.

The business was founded on the Athletic reputation of Mr. A. G. Spalding, who acquired a national prominence in the realm of Sport, as Captain and Pitcher of the Forest City's of Rockford, Ill. (1865-70), the original Boston Base Ball Club (Champions of the United States, 1871-75), and the Chicago Ball Club (1876-77), first Champions of the National League. He was also one of the original organizers, and for many years a director, of the National League of America, the premier Base Ball organization of the world. Mr. Spalding has taken an important part in Base Ball affairs ever since it became the National Game of the United States at the close of the Civil War in 1865. The returning veterans of that War, who had played the game as a camp diversion, disseminated this new American field sport throughout the country, and thus gave it its national character.

Base Ball Goods were the only articles of merchandise carried the first year, the total sales amounting to \$11,000. Gradually implements and accessories of Athletic Sports were added, until the firm now manufacture the requisites for all kinds of Athletic Sports. Originally the firm contracted for their supplies from outside manufacturers, but finding it impossible, by this method, to keep the standard of quality up to their high ideals, they gradually commenced the manufacture of their own goods, and by the acquisition from time to time of various established factories located in different parts of the country, are now able to, and do manufacture in their own factories everything bearing the Spalding Trade-Mark, which stands the world over as a guarantee of the highest quality.

There are over three thousand persons employed in various capacities in A. G. Spalding & Bros.' factories and stores located in all the leading cities of the United States, Canada and England. A capital of over \$4,000,000 is employed in carrying on this business, and the annual sales exceed the total combined annual sales of all other manufacturers in the world making a similar line of goods.

A. G. Spalding & Bros. have always taken a leading part in the introduction, encouragement and support of all new Sports and Games, and the prominence attained by Athletic Sports in the United States is in a very great measure due to the energy, enterprise and liberality of this progressive concern. They were the pioneers, and in fact the founders, of the Athletic Goods Trade in America, and are now universally recognized as the undisputed Leaders in the Athletic Goods line throughout the world.

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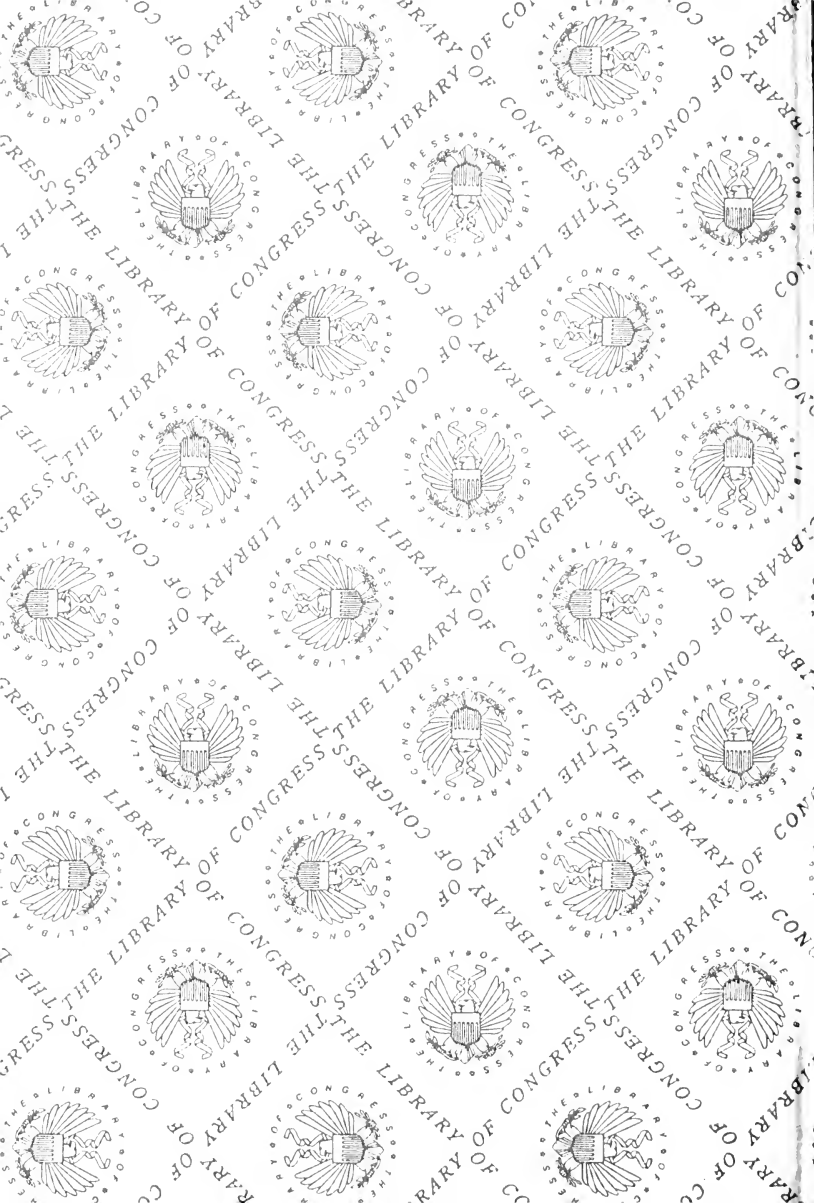
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